

**SPURRIERGATE CENTRE  
50+ INFORMATION FAIR  
THURSDAY 10 SEPT 10 AM - 3 PM**

*Six more friendly service providers with information, advice and practical help*

**AGE UK YORK**

Keep Your Pet is run by Age UK York in collaboration with the RSPCA York Branch, providing practical support and care to pets of older people who are unable to look after their pets for a period.

**FOREVER LIVING HEALTH PRODUCTS**

Natural aloe vera and beehive based health and fitness products. Business opportunity to work alongside a global brand leader. Gold 'investors in people award' from the British Government.

**IDAS – INDEPENDENT DOMESTIC ABUSE SERVICES**

Our stand will give information regarding domestic abuse services available to victims in York and North Yorkshire. An experienced worker will be able to give immediate advice to professionals or the general public regarding support and safety and referral routes.

**PEPUP HEALTH & FITNESS**

Specialising in health and fitness for the Over 50s at a pace to suit you. Achieve your goals with a fully qualified exercise specialist, fitness and motivation coach, one-to-one, partner and small group personal fitness trainer with 25 years experience. Please talk to me in confidence.

**YORK CARERS CENTRE**

We support unpaid carers who live, or care for someone who lives, in York. We offer free advice and information, a Carers Emergency Card scheme, activities, regular newsletters and discounts at local businesses.

**YORKSHIRE COUNTRYWOMEN'S ASSOCIATION**

An organisation who provide ladies living in Yorkshire the opportunity of joining a local branch to enhance their skills, knowledge and social activities and at the same time make new friends.