

Example Programme of Annual Talks for a Health and Wellbeing Group

A suggested one topic/ speaker per month

Month 1	"Approaches to dealing with osteoarthritis"
Month 2	"Medical Detections dogs" https://www.medicaldetectiondogs.org.uk
Month 3	"Super Foods – Magic or Myth?" Talk from a nutritionist
Month 4	"GI problems associated with later life and how they can be successfully be minimized and/or managed" www.Gutscharity.org
Month 5	"The role and services of Age UK" From a local Age UK group
Month 6	"Sleep problems in later life"
Month 7	"Benenden Health Care" https://www.benenden.co.uk/
Month 8	"Staying active in later Life" A talk from a Physiotherapist
Month 9	"Lyme Disease" from a speaker at Lyme Disease UK https://lymediseaseuk.com/category/meet-the-team/
Month 10	"Hearing dogs for Deaf people" https://www.hearingdogs.org.uk/