



and do it for longer!



Live Longer Better & Stay Stronger for Longer!

Come along to try out activities,
find out more, and tell us what
matters to you.

FREE activities, food and raffle.

ELSON COMMUNITY LIBRARY &
HUB, CHANTRY RD, PO12 4NG
MONDAY 21 SEPTEMBER 2026

11AM-2PM

All
welcome



Find out more at www.loveoutdoors.org.uk/llb

We're supporting



HAMPSHIRE