



Plan ahead to do what you enjoy

Life Without a Car

Is there Life Without a Car?

We provide information about keeping mobile when we are no longer driving.

Not driving doesn't have to limit our activities or prevent us from enjoying life.

Adjusting to life without a car doesn't mean losing independence and freedom.

Our Life Without a Car course:

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insight adapting our lifestyle
- encourages living positively without driving



THIS SEMINAR IS FREE

**Wednesday, March 25th
10.30am - 12.00 noon**

**St John's Lecture room
Mosgiel Senior Hall
5 Hartstronge Avenue
Mosgiel**

Refresments provided afterwards

To Register or enquiries:

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Serving the needs of older people