

# CHESHIRE FEDERATION OF WOMEN'S INSTITUTES

WI HOUSE, 11 WHITE FRIARS, CHESTER, CH1 1NZ

email: [info@cheshirewi.org.uk](mailto:info@cheshirewi.org.uk)

The CFWI Committee for Public Affairs presents:

## ACTIVE AGEING IN BODY AND MIND

Wednesday April 29<sup>th</sup>, 2026 10am – 3.30pm

£15 per person

WI House, 11 White Friars, Chester CH1 1NZ

**Stay sharp, stay strong, stay fabulous – at any age!**

Join us for a fun, inspiring day of interactive workshops designed to keep your mind bright, your body flexible, and your skin glowing, as the years roll on. You'll enjoy **uplifting sessions with expert guests**, each sharing practical, easy-to-use tips you can start with right away.

In the morning Dr Annie Scudds, from Chester University, will lead a workshop on **Protective Ageing**. This encourages merging of mind and body to enhance the effect of physical and mental activity on wellbeing and cognition. Relaxing chair yoga will also be part of the activity. In the afternoon we have three workshops for you.

**Mind Over Matter** – Boost your memory and keep your brain alive with everyday puzzles and games.

**How To Age Joyfully** – There is a wide range of supportive organisations that can make getting older much easier. You will be guided through the many pathways available and helped to inject joy into every year.

**Looking Good** – Discover skincare and make up tips for mature skin with an expert from the renowned **Tropic** brand, complete with demonstrations.

There will be an hour for lunch, please bring a packed lunch or go into Chester and enjoy one of the many food outlets on offer. Every delegate will be given **free gifts** to improve mental acuity and moisturise.

**Closing Date 15<sup>th</sup> April**

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**Event Name: "Active Ageing" 29<sup>th</sup> April 2026**

**Event Code: ACTI (followed by WI name)**

Name of WI \_\_\_\_\_ Contact Email \_\_\_\_\_

Number of Places \_\_\_\_\_ @ £15 = £ \_\_\_\_\_

Contact Name \_\_\_\_\_ and Contact Telephone \_\_\_\_\_

Bacs Payment Date \_\_\_\_\_ / Cheque Enclosed £ \_\_\_\_\_

**Closing date 15<sup>th</sup> April 2026**

**Secretaries. Please let us know how many of your members will be attending. The contact email address is essential so we can send further information.** Please either complete the cut off slip, send WI cheque (made payable to CFWI) to CFWI, 11 White Friars, Chester, CH1 1NZ, or if paying by BACS, use the event code and email slip to [payments@cheshirewi.org.uk](mailto:payments@cheshirewi.org.uk). Please note if this event is oversubscribed there will be a ballot.

Please let us know of any allergies or access requirements that you'd like us to be aware of. Assistance dogs may be present, please advise. Refunds are not given, except if ballot. Registered Charity Number 1044383