



**Did you serve in HM Forces
or complete National Service?**

.....

Are you 65 years old or over?

.....

**Do you live in
North Yorkshire?**



**Free and practical support is available
through our Healthy Horizons programme.**

Contact us today to find out more:

Telephone: **01748 829100**

Email: **exforces@richmondshire.gcsx.gov.uk**

Ex-Forces Support North Yorkshire is led by Community First Yorkshire, registered charity no. 515538, and based in York.

