

Stay Well this Winter

Health & Wellbeing events in 2017

Stimulating and interactive health and wellbeing events

INFORMATIVE TALKS from

- Pharmacists
- Community Nurses
- Specialist Health Advisors

INFORMATIVE STANDS

FREE goodies bag
FREE entertainment!

FREE LUNCH!

Waltham Abbey Town Hall

Tuesday 3 October
10am – 2pm

Highbridge Street
Waltham Abbey EN9 1DE

Theydon Bois Village Hall

Wednesday 25 Oct
10am – 2pm

Coppice Row,
Theydon Bois CM16 7ER

Roding Hall Buckhurst Hill

Friday 10 November
10am – 2pm

26 Station Way
Buckhurst Hill IG9 6LN

Booking is required, please call **01992 564226** to confirm your place