



OVER 50s HEALTH & WELLBEING ROADSHOW...



**FRIDAY 10 SEPTEMBER
10am – 12 noon**

**EASTRY VILLAGE HALL
High Street
Eastry, Sandwich**

**With thanks to the organisers of the Parish Coffee
Break (running 9am – 12 noon)**

**BRINGING INFORMATION, ADVICE AND ACCESS
TO SERVICES, including:**

Healthy Eating (with samples!), Weight Management, BMI checks,
Local Health Walks, NHS Community Services, Carers' Support,
Home Repairs & Improvement, your District Council
and much more...

For more information call Jane Meehan on 01304 219529

WHY NOT POP IN - ALL WELCOME

Over 50 or not, we are sure you'll find some useful information
for yourself, a friend, relative or neighbour

