



11TH MARCH 2015

COMMUNITY HEALTH AND WELLBEING EVENT

Helping you to live life to the max.

Come and join us to discover more about how to get healthy and stay healthy, whatever stage of life you are in.

Whether you are feeling under the weather, have a particular health concern or are just interested in finding out about preventative health measures then this is the event for you.

Just pop in for a chat! All welcome.

Refreshments served

For information call Lorraine on 01692 580329

**Come and join
us to see how
to get the
best out of
your life.**

NHS healthchecks

Smokefree Norfolk

Active Norfolk

Action for Children

Capella

**Stalham
Community Gym**

Chiropodist

**Alzheimer's
Society**

**Boots No7 beauty
consultant**

Reflexologist

**STALHAM
TOWN HALL,
High Street,
Stalham,
Norfolk
10am to 4pm**