

Health Promotion Event



Meet staff from the above GP practices, community NHS services, local charities and health advocacy services to learn how to better manage your health. Join us on

**FRIDAY 23RD JUNE
2PM TO 4PM**

**THE FARMSTEAD, HUCKETT STREET,
LINMERE, HOUGHTON REGIS, LU5 5GX**



With talks, tests and special guests, visit us to learn more about: **Mental Health, Wellbeing and the best ways to **self care** and manage your conditions**

