



Surviving Christmas



and Beyond

**Wednesday 12th December
2-5pm**

You are invited to join our Christmas health and well-being event where you will find many ideas to enhance your own and your family's health. You can also enjoy a cuppa and mince pie as well as a rest from that Christmas shopping!

Speakers:

2 – 2:20pm

2.30 – 2.50pm

3 – 3.30pm

3.40 – 4pm

4.10 – 4.30pm

4.40 – 5pm

Looking After Your Mind

First Aid at Home

Mince Pies and Hot Drinks

Movement Medicine

Keeping Fit

Pharmacist Self Care

Information tables will include: CPR Training, Carers Support, MIND, Health and Wellbeing Adviser, Physiotherapist and Chiropractor, Free NHS health checks and Personal Training

Surgery Pharmacist offering advice, Roaming GP and Nurse and many more.

