



Potters Bar Health and Wellbeing Event 2022

Join us for the annual community health fair!

FRIDAY 2 SEPTEMBER 2022

10 AM - 3 PM

**THE WYLLYOTTS THEATRE,
POTTERS BAR, EN6 2HN**

Make your health always your priority. Participate in this year's exciting activities and take steps towards a better lifestyle!

Working in partnership with:



Don't miss this event!

No need to book just drop in!

What to expect:

Market Place

10am – 3.00pm Come and browse over 25 stands offering well-being information services and advice to the Potters Bar community

Mini Health Checks

10.30am – 1.30pm Health Care Assistants from the three medical centres will offer mini health checks

Health Talks

11.15am – 11.45am How your pharmacy can help you

12pm – 12.30pm Mental Health and onto dementia

12.45pm – 1.15 pm Hypertension

1.30pm – 2pm Osteoporosis and bone protection

2.15pm – 2.45pm Cancel Out Cancer

Taster Sessions

10.30 am – 2pm

Including - Dance fit, Chair-based exercises, Memory Games and Falls prevention

**A lot will be going on. Everyone is
welcome. Tell your friends!**