

Friday 8 September 2023 10am-3pm

> Wyllyotts Theatre, Darkes Lane, Potters Bar, EN6 2HN

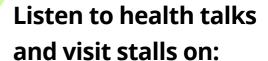
Make your health always your priority. Participate in this year's exciting activities and take steps towards a better lifestyle!

Working in partnership with:









Join us for the

Annual

Community

Fair!

Diabetes Dementia Strokes Age UK Mental Health Health Protection Carers UK U3A Exercise and Fitness + Many more!





Don't miss this FREE event!

No need to book; just drop in!

What to expect:

Market Place

10am–3pm: Come and browse over 25 stalls offering well-being information services and advice to the Potters Bar community

Health Talks by Local GPs

10.30-11.00am: Musculoskeletal Services

11.15-11.45am: Digital Health

12.00-12.30pm: Diabetes

12.45-1.15pm: Cancer Screening

1.30-2.00pm: Navigating the Weight Loss Journey

Activity Taster Sessions 10.15am-3.00pm:

Musical Memories
Jive Dancing
Line Dancing
MEDAU Dance & Movement to Music
Chair Yoga

Everyone is welcome, tell your friends and family! For more information please email highview.ppg@nhs.net

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