



# POTTERS BAR HEALTH AND WELLBEING EVENT

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!

Listen to health talks  
and visit stalls on:

*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](mailto:highview.ppg@nhs.net)

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