



2025 POTTERS BAR HEALTH & WELLBEING EVENT

**Friday 12 September
10am to 3pm**

**Wyllyotts Theatre,
Darkes Lane,
EN6 2HN**

**Make your health a priority
at this free event, no need to
book!**

Working in partnership with:



**Join us for the
Annual
Community
Health Fair!**

*Visit over 25 Stalls
Listen to health talks
Take part in taster
sessions
Have a mini health
check*

*Wyllyotts café will be
serving a variety of
lunchtime specials*

Don't miss this FREE event!

Market Place: 10.00-15.00

Come and browse over 25 stalls offering well-being information services and advice to the Potters Bar community

Health Talks:

- 10.45-11.15:** *Trading Standards Herts County Council* - How to keep safe from scams & fraud
- 11.30-12.15:** *Moorfields at PB Hospital* - Medical Retina & Glaucoma
- 12.30-13.00:** *Highview* - Gut health: risk factors & how to reduce them
- 13.15-13.45:** *Parkfield* - Hypertension
- 14.00-14.30:** *Annandale* - Lifestyle changes to improve health

Taster Sessions:

- 10.30-11.00:** Laughter Yoga
- 11.15-11.45:** Bollywood Dancing
- 12.00-12.30:** Chair Based Exercise
- 12.45-13.15:** Musical Memories
- 13.30-14.00:** Solo Latin Dance

Everyone is welcome, tell your friends and family! For more information please email friendsofparkfieldppg@gmail.com

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