



POTTERS BAR HEALTH AND WELLBEING EVENT

**Friday 13 September 2024
10am-3pm**

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

**Make your health your priority
and come along to this FREE
event, no need to book!**

Working in partnership with:



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

**Listen to health talks
and visit stalls on:**

*Alzheimer's Society
Diabetes Support Group
Hertswise
Carers in Herts
Communities 1st
Herts Mind Network
Moorfields at PB
Hospital
Peace Hospice
Herts Police
+ Many more!*

Don't miss this FREE event!

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

10.45: Nutrition for the Elderly

11.30: Robotics in Health Care

12.15: Ears, Nose, Throat (ENT)

13.00: Cataracts

13.45: Blood Pressure

14.30: Cancel Out Cancer

Activity Taster Sessions

10.30: Yoga Gold for Seniors

11:15: Clock Cricket

12.00: Tai Chi

12.45: Mindful Relaxation

13.30: Musical Memories

14.15: Exercise Through Ballet Movement

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

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