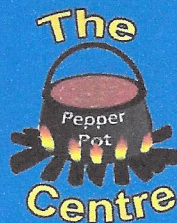


Pepper Pot Open Health Day



***Promoting Health & Wellbeing and Local Community Services**

Free NHS Health Checks

Health Trainer Mini Sessions

Health and Wellbeing Talk

Fresh Smoothies and fruit skewers tasting

Opportunity to speak to local organisations:

- Healthy Hearts and Kick It
- Open Age
- Age UK
- Midaye

Date: 11th of August 2017 (Friday)

Time: 11am – 3pm

Venue: The Pepper Pot Centre

To book your lunch (£5) please call (before 10th of August): 0208 968 9640

health
trainers



ageUK

midaye
Somali Development Network



OPEN
AGE
life's just begun