

Handsworth PPG



Wellness Event – Saturday 8th September 2018 10am – 4pm
Handsworth Medical Practice
Handsworth Avenue
E4 9PD

Please join the PPG and Health Champions for the following fun and informative events throughout the day:

Talks:

- 10.30 Fitness Space Gym
- 11.00 Alzheimer's Society
- 11.30 Bannatyne's Health Club
- 12.00 Feel Good Cafe'
- 1.15 Pharmacist from Local Well Pharmacy
- 3.00 Alzheimer's Society

Activities/Testing

- All day Weighing and Blood pressure testing
- 11-12 Variety of massages
- 2-3 Tai Chi

Stands

- Healthwatch
- Alzheimer's Society

Health and exercise leaflets will be available on the day