



The Epping Forest  
**Community Champions**  
programme aims to build on the  
skills and knowledge of local  
people to create happy, friendly  
and healthy communities.

**Are you:**

- Passionate about where you live?
- Able to build strong community connections?
- Happy to support and promote fun days and community events?
- Willing to share information about local services in your area?
- Able to promote useful health improvement information with your community?

**JOIN  
US...**



**... and make a real difference in your community!**

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