

# Stay Well this Winter



## Free and Stimulating Interactive Health and Wellbeing Events 2018

### Nazeing

10am to 2.30pm

Thursday 8th November

St Giles Cof E, St Giles Church Hall,  
Nazeing, Essex. EN9 2JL

### Ongar

10am to 2.30pm

Thursday 15th November

Jubilee Park Pavillion, Love Lane,  
Ongar, Essex. CM5 9BL

### Epping

10am to 2.30pm

Thursday 22nd November

Epping Hall, St John's Road, Epping,  
Essex. CM16 5JU

### Fyfield

10am to 2.30pm

Wednesday 28th November

Fyfield Village Hall, Houchin Drive, Fyfield,  
Essex. CM5 0RC



## Enlightening stands and informative talks from:

- Pharmacists
- Community Nurses
- Specialist Health Advisors
- and much more !

Booking is required, please call **01992 564226** to confirm your place