



Healthy Living Day

Thursday 13 September 2007

Twydall Holy Trinity Church Hall

10am to 4pm

Come and watch or take part in one of our fantastic, **FREE** activities

Belly Dancing

11am to 12pm

1pm to 2pm

Cooking Demonstration

12pm to 1pm

1.30pm to 2.30pm

Art, Craft and Pottery

10am to 4pm

Children welcome

Talk to our health experts about:

Weight Management

Healthy Eating

Dental Health

Stop Smoking

Sexual Health

Getting Active

Free refreshments

Become a member of 4Life, the FREE to join club for individuals and families who want to make positive lifestyle changes

Find out about community projects in this area:

Re-ignite ~ increase skills and overcome barriers to employment

Project Champion ~ a cross border partnership with Grande-Synthe in Dunkirk, helping to deliver improvements in community health

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