



# Let's talk about... Staying healthy

Find out about local support available to stay healthy and well at this free community event.

## Stalls and activities include:

- Free massage
- Foot health
- Blood pressure checks
- Chair yoga
- Smoothie bike
- Medicines advice
- Advice to quit smoking
- Cooking healthy food on a budget
- Feedback on health and social care plans

You can also pick up free fruit and veg

Thursday 15 November  
10.30am-2.30pm

Pembury Community Centre  
3 Atkins Square, Dalston Lane  
E8 1FA

Just drop-in. Contact  
020 3816 3222 for questions.

