

WINTER WELLNESS



**SATURDAY 21ST
DECEMBER**

DROP IN BETWEEN 11AM-3PM

**REDBRIDGE TOWN
HALL**

FREE ACTIVITIES:

Meet and greet Santa

Balloon modelling

Face painting

Arts and crafts for children

Hand henna designs

**FREE full health
checks available!**

We can check your:

-Blood pressure

-BMI

-Cholesterol

-Blood sugar levels

**FREE COVID AND FLU
VACCINATIONS FOR ADULTS
AND CHILDREN**

FREE

REFRESHMENTS

**...PLUS MUCH MORE! COME AND CHAT
TO OUR FRIENDLY EXPERTS ABOUT
YOUR HEALTH AND WELLBEING**

