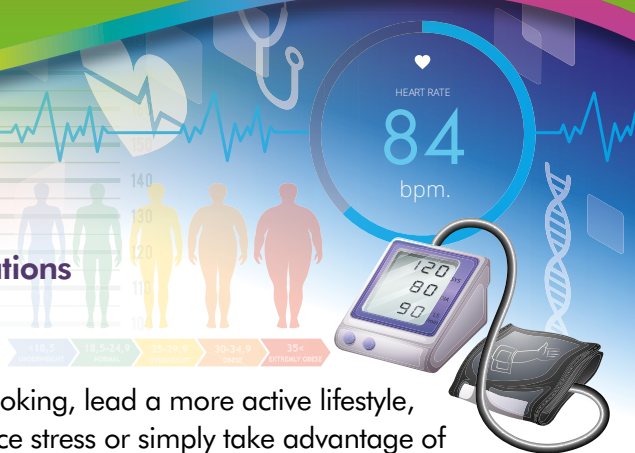




it's time... to join us at our health and wellbeing day...

- FREE Health MOT's
- FREE **NHS** Health Checks
- Physical Activity demonstrations
- Cost of living and energy efficiency advice



Whether you want help to stop smoking, lead a more active lifestyle, lose some weight, drink less, reduce stress or simply take advantage of the Health MOT's and NHS Health Checks we offer, we can help you today.

Join us for a range of **FREE health and wellbeing support**, delivered in a range of **different languages**

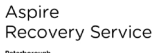
on Thursday
10th November,
10am-2pm
at Gladstone Park
Community Centre
Peterborough
PE1 2AN



Supported by:



It's all FREE!



For more information on any of our services

Text: **HEALTHYU to 60777** or
 Visit: **www.healthyyou.org.uk** or
 Call: **0333 005 0093**

Healthy You