

Stay Safe and Well this Winter Abridge

**FREE
EVENT**

**Includes an
information
bag and
lunch**



About the day

Informative talks from health and wellbeing advisors on how to stay safe and well over the winter months. Plus, a NEW interactive theatre performance about romance and friendship scams. Blood pressure checks subject to availability.

Tuesday 28 October
Arrive 10.45am to start 11am
Event ends: 3.30pm

Abridge Village Hall,
39, Ongar Road, Abridge,
Essex. RM4 1UD

Booking is required

Please call 01992 564226 or
book online:
eppingforestdc.bookinglive.com



For further information please
contact Karen Murray, Older
Peoples Community
Engagement Officer: 01992
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