

Stay Safe and Well this Winter

Nazeing

**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 4 November
Arrive 10.45am to start 11am
Event ends: 3.30pm

St Giles Church Hall,
(Opposite Nazeingbury Parade,
shops, Nazeing, EN9 2JL.

Booking is required

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



For further information please
contact Karen Murray, Older
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