

# Stay Safe and Well this Spring Epping

**FREE  
EVENT**

**Includes an  
information  
bag and  
lunch**



## About the day

Informative talks from health professionals and various organisations on how to stay safe and well this Spring. With an interactive theatre performance about scamming.

## Booking is required

Please call **01992 564226** or book online:  
**[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**  
to confirm your place.



## Monday 17 March

**Arrive: 10.45am to start 11am**

**Event ends: 3.30pm**

**Epping Forest District  
Council, Civic Offices,  
323, High Street,  
Epping.  
CM16 4BZ.**



For further information please contact Karen Murray, Older Peoples Community Engagement Officer: 01992 564222. Email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)