

Stay Safe and Well this Winter

**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, an interactive theatre performance about scamming. Health checks and flu vaccinations subject to availability.

Booking is required

Please call 01992 564226 or book online:
eppingforestdc.bookinglive.com
to confirm your place.



Thursday 19 October
Arrive 10.30am to start 11am
Event ends: 3.30pm

Roding Valley Hall,
Buckhurst Hill, IG9 6LN



For further information please contact Karen Murray,
Older Peoples Community Engagement Officer: 01992 564222