

Stay Safe and Well this Winter Fyfield

**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.

Booking is required

Please call 01992 564226 or book online:
eppingforestdc.bookinglive.com
to confirm your place. Booking lines open in December.



**Wednesday 18
February**

Arrive 10.45am to start 11am

**Fyfield Village Hall,
Houchin Drive, Fyfield,
Essex.
CM5 0RG.**