

# 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](http://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.