

Stay Safe and Well this Winter ***Limes Farm***

**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 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 September.



**Wednesday 18
November**

Arrive 10.45am to start 11am

Event ends: 3.30pm

**The Limes Centre, Limes
Avenue, Chigwell,
IG7 5LP.**