

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.



Wednesday 4 October

Arrive 10.30am to start 11am

Event ends: 3.30pm

The Murray Hall,
Loughton Community Centre,
106 Borders Lane, Loughton,
Essex, IG10 3SB



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

