

Stay Safe and Well this Spring North Weald

**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 into Spring. 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 February.



Monday 30 March

Arrive 10.45am to start 11am

Event ends: 3.30pm

North Weald Village Hall,
High Road, North Weald,
Essex.

CM16 6BU.