

# 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](http://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.