

Stay Safe and Well this Winter ***Waltham Abbey***

**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 September.



**Thursday 15
October**

**Arrive 10.30am to start 11am
Event ends: 3.30pm**

**Waltham Abbey Town Hall,
Highbridge St,
EN9 1DE.**