

Stay Safe and Well this Winter

Theydon Bois

**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 subject to availability.

Booking is required

Please call 01992 564226 or book online:
eppingforestdc.bookinglive.com
to confirm your place.



Wednesday 30 October

Arrive 10.45am to start 11am

Event ends: 3.30pm

**Theydon Bois Village
Hall, Coppice Row,
Theydon Bois, CM16 7ER**



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