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# FAMILY HEALTH & WELL BEING FESTIVAL

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## DATE

Saturday 16th April 2016

## VENUE

Evington Leisure Centre,  
Downing Drive

## TIME

9.00am – 1.00pm

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**A FREE DAY OF FUN,  
INFORMATION &  
ACTIVITIES FOR  
ALL AGES!**

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# INFORMATION STALLS

FREE Diabetes and hearing checks, BMI checks, Coping with Cancer, LOROS, Stop Smoking, MacMillan, Square Mile Diabetes Health Project, Get Healthy team, Mental Health Services, The Teenage Cancer Trust, Alzheimer's Society, Evington in Bloom, meet the Local Police and many more partners.



# PARTICIPATE IN

- + Laughter & Wellbeing workshops
- + Reiki Head Massages
- + Mehndi
- + Martial Arts
- + CPR awareness workshops



# CHILDREN'S ACTIVITIES

Visit the Bookbus, Live Animals interaction, face painting, learning can be fun, Cakes, healthy snacks, Bouncy Castle, how to brush your teeth and much more.



# FIND US AT:

[www.7events.org/health-wellbeing](http://www.7events.org/health-wellbeing)

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