

staywell this winter



**Includes
Lunch**

FREE Health and Wellbeing Events in 2017

**Stimulating and interactive
health and wellbeing events**

Informative talks from

**Pharmacists
Specialist Health Advisors
Winter Fuel Advisors**

FREE goodie bag

**The entertainment for the
events will be Joanna Eden
a local jazz singer/song writer.**



**Rowena Davey Centre
Tuesday 3rd October
9:30am ~ 13:30pm
Chequers Lane
Great Dunmow CM6 1EQ**

**The Crafton Centre
Wednesday 11th October
9:30am ~ 13:30pm
72 Chapel Hill
Stansted CM24 8AG**

**The Garden Room
Friday 20th October
9:30am ~ 13:30pm
3 Hill Street
Saffron Walden CB10 1EH**



**NHS
West Essex
Clinical Commissioning Group**

Booking is required, please call 01799 510585 to confirm your place