



WALLINGTON COMMUNITY WELLBEING GROUP

'Come & Meet us' Health & Wellbeing Event

**Friday 27th April from 11.00 am to 3 pm
at Trinity Centre Maldon Road, Wallington SM6 8BL**

ADVICE from Healthcare Professionals including :

Audiology Optometry Free Health checks

ACTIVITY TASTER SESSIONS including:

Tai Chi, Yoga, Medau Movement, Hand drumming, Singing

EXHIBITORS including :

Safer Neighbourhood Team
London Fire Service
Stroke Association
Livewell
HealthWatch
Citizens Advice
MS Society

Trading Standards
Sutton MS Society
Alzheimer's Society
QEF / Shopmobility
Sutton Talking Newspapers
NHS exhibitors
Age UK Sutton

**Find out more about living safely and happily, meet new people
and find out about activities available for you try locally.**

Refreshments available and Lunch by Chef Arif

Supported by Cllr Nali Patel, LB Sutton Older People's Champion

'Helping to overcome loneliness and isolation in our Community'

We are here to help you....

**FREE
EVENT**

Advice

Keep safe

Keep healthy

Join in

Have Fun

in

*Wallington
Beddington
Carshalton &
surrounding areas*



**Telephone: 020 8647 3000 / 07770 533000
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www.wallingtoncommunitywellbeing.org**