



WALLINGTON COMMUNITY WELLBEING CHARITY

Health & Wellbeing Information & Advice Day

Friday 29th April 2022 from 11 am to 3 pm

at Trinity Centre Maldon Road, Wallington SM6 8BL

ADVICE from NHS Healthcare Professionals, BP checks

ACTIVITIES Taster sessions & activities incl.

Bowling Yoga Singing Hand drumming

EXHIBITORS many stalls with advice & Information including:

HealthWatch

Sutton Carers Centre

Sutton Uplift

Carpenter & Co Solicitors

Volunteer Centre Sutton

Met Police & Fire Service

Citizens Advice Bureau

Age UK Sutton

Sutton Talking Newspapers

NHS Exhibitors

Queen Elizabeth Foundation

Sutton Vision

Sutton Culture Services

Diabetes UK

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

Refreshments available during day & buffet lunch

'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

Wallington

Beddington

Carshalton

St Helier

&

surrounding areas

All welcome!



Funded by



Telephone: 020 8647 3000 / 07770 533000

Email: info@wallingtoncommunitywellbeingcharity.org

www.wallingtoncommunitywellbeing.org