

## WALLINGTON COMMUNITY WELLBEING GROUP

## **Health & Wellbeing Information & Advice Day**

Friday 26<sup>th</sup> April 2019 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

**ACTIVITIES Taster sessions including:** 

Chair Yoga, Medau Movement, Hand drumming, Singing

EXHIBITORS over 30 stalls with advice & Information including:

Diabetes UK Sutton Vision

Help Yourself to Health Stroke Association
HealthWatch Age UK Sutton

Citizens Advice QEF

Sutton Uplift Sutton Talking Newspapers

Carpenters Solicitors NHS Exhibitors

Volunteer Centre Sutton National Tremor Society

**NEW: NEIGHBOURHOOD SAFETY & SECURITY HUB** 

Police Safer Neighbourhood Teams Sutton Neighbourhood Watch
Trading Standards Local Ward Co-ordinators

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

Refreshments available, Buffet Lunch / Food by Chef Arif
Supported by Cllr Nali Patel, LB Sutton Older People's Champion

'Helping to overcome loneliness and isolation in our Community'

FREE EVENT

Advice

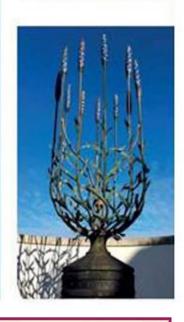
Keep safe

Keep healthy

Join in

Have Fun

Wallington
Beddington
Carshalton
St Helier &
surrounding areas
Are all welcome



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