

FREE

health events

across Bradford
district and Craven

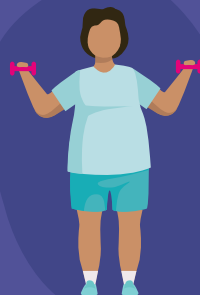
COME ALONG AT A TIME TO SUIT YOU



We have **FREE** events being held
in your local community.

Please join us and meet our
friendly team.

Come and find out what activities
and support are available to you,
so **you can take greater control
of your health.**



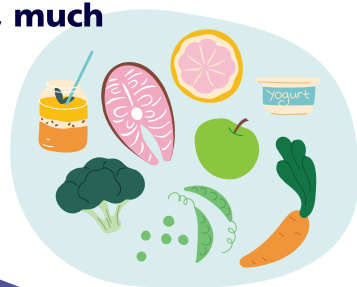
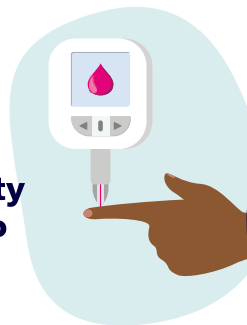
WHAT'S ON OFFER >>>

WHAT'S ON OFFER?



- * **FREE health checks:** blood pressure, height, weight and cholesterol
- * **Find out if you're at risk of developing type 2 diabetes**
- * **Information about healthy eating, physical activity and living healthy and happy at home**

- * **Meet the Social Prescribers who can help you navigate the many community services available to you – from debt to exercise, mental health to housing and much, much more!**



FIND US AT...

**Tuesday
21st February**

11am-3pm
Victoria Hall,
Sandbeds,
Queensbury

**Wednesday
22nd March**

10am-2pm
Jer Lane Cricket Club,
Jer Lane,
Horton Bank Top

**Wednesday
19th April**

9am-1pm
Reevy Hill Children's Centre,
Bedale Drive,
Buttershaw

Monday 15th May

10am-2pm
The Westend
Community Centre,
Christopher Street,
Little Horton

**Wednesday
7th June**

10am-2pm
Salvation Army,
Holroyd Hill,
Wibsey

**Saturday
8th July**

12pm-4pm
Harold Park,
Cemetery Road,
Low Moor