

Social Action for Health's
Community Health Day
Stay Well this Winter



Join us at our FREE, fun, interactive day.
Free health checks.
Covid Vaccination – drop in!
No need to book.

Tuesday 17th October 2023

11:00 AM – 3:00 PM,
East Ham Library,
328 Barking Road, East Ham
E6 2RT

FREE fruit and goodie bags





Community Health Day

Join us at our **FREE, fun, interactive day!**

11:00 – 3:00pm

Information & advice stalls including:

- **Social Action for Health**
- **MacMillan Cancer**
- **Diabetes UK**
- **Lumi Nova – game app to support children’s mental health**
- **Covid Vaccinations**
- **Free health checks**



Bengali, Urdu & Punjabi translators will be on hand for those who prefer to speak in these languages.

For further information call or text 07944966141

