

# HEALTH AND WELLBEING EVENT

at Allum Hall,  
Allum Lane,  
Borehamwood, WD6 3PJ  
Wednesday 7 June  
4.30pm - 9pm

Come to our Community Health Event to find out information for you and your family! There will also be children's entertainment!

If you need transport to the event please phone 01727 649980 or email [travel@communities1st.org.uk](mailto:travel@communities1st.org.uk)

Working in partnership with:



Listen to talks and visit stalls on:

*Mini Health Checks  
Blood Pressure  
Diabetes  
Mental Health  
Autism  
Wellbeing Talks  
+ many more!*

# Don't miss this FREE event!



**No need to book; just drop in!**

**What to expect:**

## **Market Place**

**4.30pm – 9pm:** Come and browse over 40 stalls offering well-being information services and advice to the Hertsmere community

## **Mini Health Checks**

**4.30pm – 9pm:** Health Care Assistants from the three medical centres will offer mini health checks

## **Health Talks**

**5pm:** Community Pharmacy Services for Patients

**5.30pm:** How does the local Primary Care Network/Integrated Care Board work?

Dr Liam Chapman

**6pm:** Boobs and Balls

Practice Nurse Tammy Connolly

**6.30pm:** Menopause

Dr Milad Hilli

**7pm:** Allergies and Immunology

Professor Michael Rudenko

**Refreshments will be subject to availability.  
Everyone is welcome, tell your friends!**

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