

Support for Wellbeing

A community event for everyone!

Join us for complimentary coffee and cake, and a chat with local professionals about support services available to help improve your wellbeing.

Visit information stalls, check your blood pressure, listen to talks, and take part in easy dance exercises.

Attendees include: HPFT, Citizens Advice Hertsmere, Hertfordshire Mind Network, Alzheimer's Society, Para Dance UK, Music for My Mind, and many more!



Date: Monday 26th February, 1 - 4pm

Venue: Aberford Community Centre, Borehamwood, WD6 1PL

For more information, please

Visit: www.communities1st.org.uk/healthmatters

Email: welcome@communities1st.org.uk

or Call: 01727 649900

Event Programme

There will be talks and exercises delivered by:

- Alzheimer's Society
- Hertfordshire County Council's Learning Disability team
- Hertfordshire Mind Network
- Hertfordshire Partnership Foundation Trust
- Music for My Mind
- Para Dance UK



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Enjoy complimentary refreshments and visit stalls hosted by:

Alzheimer's Society UK, Citizen's Advice Hertsmere, GP surgeries: Fairbrook, Manor View, The Grove, Hertfordshire County Council's Learning Disability team, Hertfordshire Mind Network, Hertfordshire Public Health's Health Improvement Service, Hertsmere Borough Council's Healthy Hubs, Hertfordshire Partnership Foundation Trust's Physical Health, Stop Smoking and Tobacco Dependency teams, Music for My Mind, Para Dance UK, Rennie Grove Peace and Communities 1st.

Website

