

TALK COMMUNITY



BROMYARD COMMUNITY WELLBEING EVENT

**UNITING
PEOPLE OF ALL
AGES WITH LOCAL
ORGANISATIONS.**

We warmly invite you to join us for an informative and free, family-friendly day packed with health checks, wellbeing activities, and local support services!

EVENT HIGHLIGHTS:

- ▶ **H&W Fire and Rescue Service**
Information, freebies and referrals.
- ▶ **Age UK Wyvern**
Keeping warm and well advice.
- ▶ **Healthy Lifestyles Team**
Information, freebies and referrals.
- ▶ **Bromyard Food Bank**
Information and support.
- ▶ **Taurus Healthcare**
Free health checks (in private room).
- ▶ **Yeleni, Tai Chi and Reiki**
Free taster sessions/treatments.
- ▶ **Early Help Team**
Information and kids play session.



SATURDAY 1 MARCH
10:00 am - 13:00 pm



HALO BROMYARD CENTRE
CRUXWELL ST, HR7 4EB