

FREE EVENT



Osmani Trust

HEALTH

The Health and Well-being Event of the Year

EXPO 2012



Date: 9th February 2012
Time: 10am - 2pm
Venue: Osmani Centre
58 Underwood Road, London E1 5AW
osmanitrust.org



East London and the City



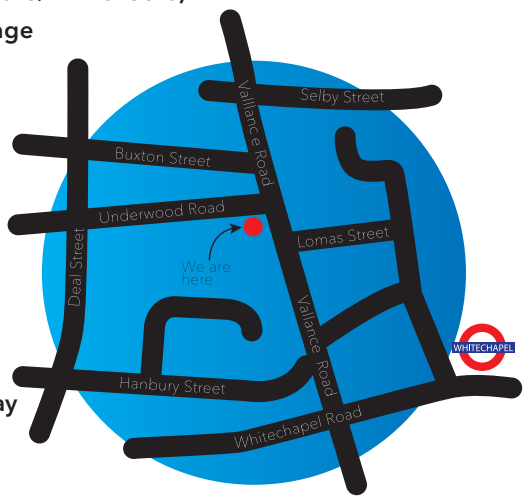
The inaugural Osmani Trust Health Expo 2012, the premier local healthy lifestyle and wellness event will be held on Thursday 9th February 2012 at the new Osmani Centre. The health event is part of the 'week of celebration' where several events will be taking place throughout the half term week to celebrate the opening of the new centre.

The 2012 Health Expo unites professionals from the health and wellness industries, NHS services and local community groups with the general public to encourage a lifestyle of health and wellbeing through networking, information sharing, taster exercise sessions and awareness of local health services.

Also local people can come and meet the local Health Trainers team and find out how the Health Trainers can help them stay healthy.

EVENT CONTENTS:

- **Recruitment to Health Trainers Programme**
- **Free NHS Health Checks (Blood pressure/BMI checks)**
- **Free Reflexology & Head/Neck Massage**
- **Free Shiatsu Back Massage**
- **Healthy Lifestyle Advice**
- **Diabetes & Cholesterol Advice**
- **Community Mental Health Advice**
- **Alcohol, Drugs & Kat Misuse Advice**
- **Tobacco Cessation Advice**
- **Oral Health Checks**
- **Basic First Aid Advice**
- **Taster Fitness & Exercise Classes**
- **Fresh Fruits & World Foods Taster Display**



For more information on the 2012 Health Expo or if you want to hold a stall for your project/service, please contact Shelim Shakir on **0207 247 8080**
 Email: Shelim.shakir@osmanitrust.org | Web: www.osmanitrust.org

