

FREE EVENT



osmani
TRUST

HEALTH+

The Health and
Well-being Event
of the Year

EXP 2013



Thursday 9th May 2013, 10.30am - 2.30pm

Osmani Centre, 58 Underwood Road, London E1 5AW

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NHS

North East London and the City

HEALTH EXPO 2013

The 2013 Health Expo event will aim to unite professionals from the health and wellness industries, NHS health services, mental health and family services and local community groups with the general public to encourage a lifestyle of health and wellbeing through networking, information sharing 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 (BMI & Blood Pressure)
- Free Reflexology & Back/Neck Massage
- Healthy Lifestyle Advice
- Sports, Fitness & Exercise Advice
- Family Services
- Community Mental Health Advice
- Alcohol, Drugs & Khat Misuse Advice
- Tobacco Cessation Advice
- Diabetes Advice & Checks
- Oral Health Checks
- Basic First Aid Advice
- Refreshments provided on the day



For more information on the 2013 Health Expo or if you want to hold a stall for your project/service, please contact Shelim Shakir.

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