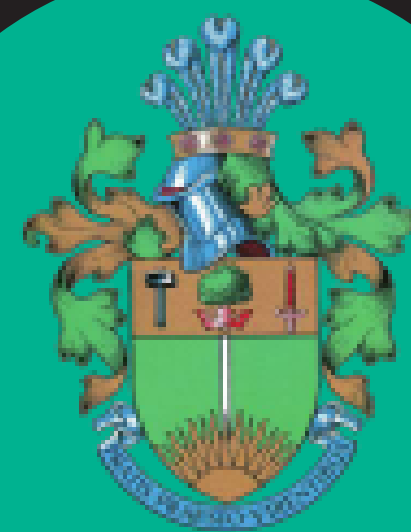




**SATURDAY
14TH MARCH
10AM - 2PM**



**An East Grinstead
Town Council Event**

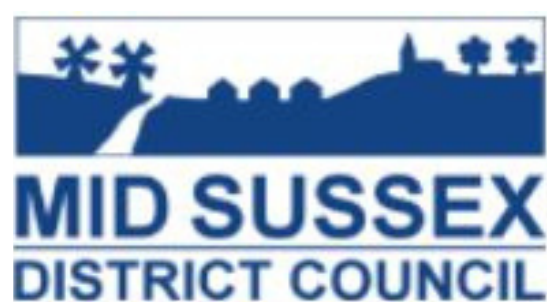
EAST GRINSTEAD FREE HEALTH AND WELLBEING EVENT

**Meridian Hall,
East Court,
RH19 3LT**

- ☒ BLOOD PRESSURE CHECKS
- ☒ HEALTH AND WELLBEING MOT
- ☒ MENTAL HEALTH SUPPORT AND ADVICE
- ☒ INFORMATION ON LOCAL HEALTH SERVICES
- ☒ LIFESTYLE AND WELLBEING GUIDANCE

**No booking
needed - just
turn up.**

**All ages
welcome!**



Mill View



DiABETES UK



Wakehurst
Kew

