

COMMUNITY HEALTH & WELLNESS EVENT

حدث صحي صحت کی تقریب

kulan caafimaad স্বাস্থ্য প্রোগ্রাম

इ'वेन्ट/ Celebrating World Diabetes Day

**Everybody
Welcome**

**MONDAY 14TH
NOVEMBER
11AM-2PM**

**At Highfield Trinity Church,
London Road,
(Corner of Highfield Place)
Sheffield
S2 4UR**

**Contact ShipShape on:
0114 250 0222 /07307766535**

Health Checks

**Weight
Management**

**Eye Screening
Education &
Awareness**

**Hear From
Diabetes UK**

**ORAL HEALTH
AWARENESS**

**Dementia
Awareness**

**Exercise
sessions**

**Fibromyalgia
Awareness**

**Blood Pressure
Checks**

**CPR
Demonstrations**

**Cancer
awareness**

**Enjoy a Free hand
massage & henna**

Refreshments Provided!