



Are you over 18? Do you have a learning disability or care for someone who has ?

Would you like free professional advice on:

- What to eat to keep you healthy
- Type of exercises to keep you fit

Then come along to this:

Health and Well-Being Workshop

Lynda Kowalewicz, Specialist Community Dietitian, will be leading the session.

Date: Tuesday 3rd December

Time: 10:30am-12:30pm

Location: Jaspar Centre

2a Rosslyn Crescent

Harrow, HA1 2SU



**Please contact Jordan Creed on 020 8869 8484 or 07496494379
or email jordan.creed@harrowmencap.org.uk for more information.**