

COMMUNITY



HEALTH FAIR

Smoothie
Bike

Food and
drink for sale

Advice on staying
healthy, being active
and self care

Raffle

Health and
wellbeing
workshops

Free health
checks and
screening



MEDICAL
TALKS

Healthy Heart - Dr Iqbal Malik (Cardiologist) @ 11am

Mindfulness - Dr Daksha Hirani (Clinical Psychologist) @ 11.30am

Healthy Ageing/Reducing Dementia Risk-
Dr Pramod Prabhakaran (Genitrician/Psychiatrist) @ 1pm

Falls Prevention- Dr Prem Fade (Genatrician) @ 2.15pm

Sunday 25th September 2016
11am - 3pm

Pinn Medical Centre, 37 Love Lane, Pinner



FREE
entry