

Don't miss our

Healthy Harrow

open event to mark World AIDS Day

10am - 1.30pm

Harrow Civic Centre

Members' Lounge

Thursday
1st
December

Activities include:

- Yoga
- Meditation
- Health checks
- Drumming workshops
- Art workshops
- Diabetes testing
- HIV information stalls
- And much more!

Open to all

Email healthyliving@harrow.gov.uk or
call **020 8424 9319** for more information