

AWARD WINNING  
COMMUNITY ORGANISATION

# Winter Health Awareness Day

Tuesday January 29th 2019  
Manor Ballroom, 12.00-3.00pm



**Keep healthy, active & safe in winter**

- Health Advice
- Exercise
- Guest Speakers
- Basic Health Checks
- Prizes
- Health & Wellbeing Information Stalls
- Nutrition Advice

*For further information please contact Mohammed or Shayra on 01473 400081 or Mobile 07932 644466*

Registered Company No. 5088364 Registered Charity No. 1104502

[www.bscentre.org.uk](http://www.bscentre.org.uk)



Bangladeshi Support Centre



Ipswich and East Suffolk  
Clinical Commissioning Group

