

3rd Annual

# Bradford Health Mela

# 2015

Health & Wellbeing for Bradford Community

**Saturday 16th May - 11am to 3pm**

## AIMS OF THE HEALTH MELA

To engage and empower the community lead healthy lifestyles

To provide free health checks, advice and personal counselling

To encourage the public to make effective and informed use of health resources

**CHIEF GUEST - PHILLIP DAVIES MP**

National Forum for Health & Wellbeing

National President  
Professor Romesh Gupta OBE

Local Organiser  
Professor Kailash Mohanty

**Everyone Welcome**

# FREE...

- Free Entrance ✓
- Free Refreshments at 11am in the opening Ceremony ✓
- Free soft drinks & Free hot drinks throughout the day ✓
- Free Health Assessments including height, weight & BMI ✓
- Free Blood Pressure check up ✓
- Free Blood Sugar & Blood Cholesterol testing ✓
- Advice on healthy living, exercise, smoking & alcohol abuse ✓
- Personal & Confidential Health Counselling ✓
- Around 50 stalls with Exhibitors providing advice and information ✓
- Complimentary Medicine ✓
- Free massage ✓
- Free Henna painting ✓
- Refreshments available ✓



**University of Bradford  
Student Central**

Richmond Rd, Bradford BD7 1DP

**Longside Lane**

University of Bradford, (Off Shearbridge Rd)  
Infront of Bombay Stores

**Bollywood dance  
at 11am**

**Magic Show  
at 1pm**

Special thanks to

UNIVERSITY of  
BRADFORD

**inprint+  
design**  
U:U  
Bradford College

Leeds Institute of Medical Education  
(Dr Richard Fuller)  
Biochemistry Department at Bradford  
Royal Infirmary (Dr Steve Goodall)

Financial Sponsorships received with compliments

Bradford Teaching Hospitals NHS Foundation Trust Tel 01274-542200

Bradford City Clinical Commissioning Group (CCG) Tel 01274 237 290

City of Bradford Metropolitan District Council (Health Promotion) Tel 01274 432805

ROTARY Club of Bradford President, John Guest Tel 01274 561958

Sweet Centre Restaurant, Bradford Tel 01274 731 735

Omar Khan Hotel & Restaurant Tel 01274 390 777

The Curve Tel 01274 482247

State Bank of India (SBI) Tel 0161 8172530

Kashmiri Aroma Ilkley, Wakefield & Sheffield Tel 01943 865554

Bradford Teaching Hospitals NHS  
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Bradford City  
Clinical Commissioning Group

City of Bradford MDC  
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