

taking care of your health...

14th Annual Health Mela 2015

A Community Health Fair

Saturday 18th April 2015 11am - 4pm
Foster Building UCLAN
Preston PR1 2HE

Everyone welcome

Entrance, Parking and Health Checks are FREE!

Over 70 Health and Wellbeing related exhibitors



Make the most of these opportunities

Complete health checks including blood pressure, BMI

Blood sugar and cholesterol testing

Personal and confidential health counselling

Older person services

Checks and advice on hearing, eyesight and oral health

Create your own smoothie on the smoothie bike

Complementary medicine

Reiki taster session

Advice on children mental health and wellbeing

Fun and games for children

Colouring competition

And much, much more!

Aims of the Health Mela

- To engage and empower the community to 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

Forthcoming events

- **Bolton Health Mela at University of Bolton:**
March 14th 2015
11am - 4pm
- **Conference at University of Bolton**
: 'Sustaining Health and Wellbeing in Later Life',
March 25th 2015
11am - 4pm
- **University of Bolton:**
Guest Lecture by Dr Stephen Hodgson on **April 14th**
6:30 pm
- **Preston Health Mela at UCLAN:**
April 18th 2015
11am - 4pm
- **Bradford Health Mela at Bradford University:**
May 16th 2015
11am - 4pm
- **Manchester Health Mela at the Sacred Heart School Baguley:**
27th June 2015
11am - 4pm
- **East Lancashire Health Mela (Venue TBC):**
June 13th 2015
11am - 4pm
- **Leyland Health Mela at Academy@Worden:**
12th Sept. 2015
11am - 4pm
- **Fylde Coast Health Mela (Venue TBC):**
October 3rd 2015
11am - 4pm

