



*taking care of your health...*

**FREE  
 EYE, ORAL,  
 DENTAL, HEARING  
 CHECKS**



# 5th Annual Health Mela 2016

## A Festival of Health & Wellbeing



@NFHW1

**Saturday 17th Sept 2016 11am-4pm**

**Academy@Worden,  
 Westfield Drive, Leyland PR25 1QX**

**Everyone welcome**

**Entrance, parking and health checks are FREE!**

**Health and Wellbeing related exhibits**

**ENJOY  
 EDUCATE  
 EMPOWER**



**WATCH OUR  
 HEALTHY  
 EATING  
 DEMONSTRATION  
 IDEAS**



### **Make the most of these opportunities**

- Complete health checks including blood pressure and BMI
- Blood sugar & cholesterol testing
- Personal & confidential health counselling
- Frailty Assessment for older people (Falls Prevention, Mobility, Nutrition and Pharmacy)
- Practical demonstrations of healthy living for all
- Health checks for children (Height, Weight and BMI)
- Specialist eye & vision assessments.**
- Oral, dental & hearing health advice**
- Create your own smoothie on the smoothie bike
- Complementary medicine - Reiki taster session
- Advice on children's mental health & wellbeing
- Fun & games for children, colouring competition





- Take part in our healthy treasure hunt and win yourself a prize
- Football shoot out
- Enjoy Special effects face painting
- Have your height, weight and BMI measured
- Teddy Bear Clinic - bring your teddy or hero for examination
- Meet the magician
- Bouncy Castle and slide



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