



## AGED 40 - 74?

# • HOW HEALTHY ARE YOU THIS HOLIDAY SEASON?

Event	Date	Time	Address
Smethwick Library	Monday 18 <sup>th</sup> December	10.15 – 16.30	High Street, Smethwick, West Midlands, B66 1AA
Brasshouse Community Centre	Tuesday 19 <sup>th</sup> December	09.45 – 16.30	Brasshouse Lane, Smethwick, B66 1BQ
Tipton Library	Wednesday 20 <sup>th</sup> December	10.15 – 15.30	Unity Walk, Owen Street, Tipton, West Midlands, DY4 8QL
Dorothy Parkes Centre	Thursday 21 <sup>st</sup> December	10.15 – 15.30	The Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH
Cradley Heath Community Link – Rowley Regis	Friday 22 <sup>nd</sup> December	10.15 – 15.30	72 High Street, Cradley Heath, B64 5HA
West Bromwich Leisure Centre	Saturday 23 <sup>rd</sup> December	12.15 – 18.00	Moor Street, West Bromwich, B70 7AZ
Cape Hill Asda	Thursday 28 <sup>th</sup> December	11.15 – 18.30	Off Windmill Lane, West Midlands, B66 3EN
Wednesbury Leisure Centre	Friday 29 <sup>th</sup> December	10.15 – 15.30	High Bullen, Wednesbury, West Midlands WS10 7HP
Smethwick Library	Saturday 30 <sup>th</sup> December	10.15 – 16.30	High Street, Smethwick, West Midlands, B66 1AA



Find out by booking your free NHS Health Check today

<https://nhshealthcheck.randox.com>

or scanning the QR code

Alternatively call us on **0800 2545 163**

Receive a free three-month gym membership upon completion of a health check to kickstart your 2024

\*Memberships redeemable across Sandwell Leisure Trust and Places of Leisure locations. Subject to availability