



# MULTICULTURAL HEALTH AND WELLBEING EVENT



Information stands, complementary therapies, meditation sessions, healthy living sessions, henna hand painting, blood pressure checks, chair exercises, food, refreshments, entertainment and much more.....

**Friday 6 July 2018**  
**10:00 am—3:00pm**

**Community House, 311 Fore St,  
Edmonton, London N9 0PZ**

For further information and bookings:  
**T: 07718 486341/020 8375 4103**  
**E: [ican@ageukenfield.org.uk](mailto:ican@ageukenfield.org.uk)**



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