

**Help on Your Doorstep**

Empowered people and communities

*Good Neighbours Scheme Presents...*

**ALL FREE!**

# SPRING HEALTH & WELLBEING EVENT!

**Saturday 28th March**

**1pm – 3pm**

**Help on Your Doorstep Support** 

**Health Partners & Local Organisations**

**Exercise Tasters**

**Healthy Veggie Food** 

**Kids' Activities & Crafts** 

**Free Beauty Treatments**

**NHS Health Checks**  
**Macmillan Fundraising**



**Join Us At:**

**Jean Stokes Community Centre**  
**N1 0DX**

**For more information contact:**

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