

Stay Well this Winter



Health and Wellbeing Events 2016

Epping Forest District Council and West Essex Clinical Commissioning Group are delivering a number of stimulating and interactive health and wellbeing events across the district.

The days will include informative talks from; pharmacists, nurses and specialist health advisors. There will be a range of informative stands along with free health checks and activities.

Please note that the events run all day and include a **FREE** lunch.

Booking is required, Please call the Epping Forest District Council Communities booking line **01992 564226** to confirm your place.

Zinc Arts Centre

Ongar
Great Stony, High St,
Chipping Ongar
CM5 0AD

Wednesday 12 October
10am-2pm

The Limes Centre

The Limes Centre,
Limes Avenue,
Chigwell
IG7 5LP

Tuesday 1 November
10am-2pm

Loughton Club

8 Station Road
Loughton
IG10 4NX

Wednesday 16 November
10am-2pm