

Health Awareness Day

at Idea Store
Crisp Street

24 September
Thurs 10am-4pm



Packed with fun, information and activities to help you keep mind and body healthy and full of vitality! Come along and try alternative therapies and get professional advice from the NHS.

- **Sports and Physical Activity**
- **Mind in Tower Hamlets**
- **Ramblers**
- **Alzheimers**
- **Smoking cessation**
- **Health Trainers**
- **Diabetes Health Adviser**
- **Bangladeshi Mental Health Promotion Project**
- **The Oral Health Promotion Team**
- **Low Vision Clinic**
- **Relax with Free Hand Massage & Mini Facial**

**There's
massage, fresh
fruit smoothies
and a
raffle draw!**