

We're bringing our services to you!

Find our health and wellbeing van
at Charles Booth Centre, Thringstone LE67 8NR
Wednesday 2 August, 10am - 12pm

Hermitage Rec Ground, Whitwick, LE67 5EU
Wednesday 2 August, 1.30pm - 3.30pm

Get free support on:

- Quitting smoking
- Weight management
- Cost of living
- Mental health
- Overall / physical wellbeing
- Healthy eating
- Children's activities

No need to sign up, just
turn up on the day!

Including a **WATER SAFETY EVENT** at the
Hermitage Rec Ground

- Live water demonstrations
- Learn how to **stay safe around water** this summer
- Talk with the **Leicestershire Fire Rescue Service and Police Search & Rescue Team**

