## Free Health and Wellbeing Morning



## **HEALTH AND WELLBEING MORNING**

Date: Saturday 21st October 2023

Time: 09.00-11.30 am

Venue: Festival Hall, Heath Road, Petersfield GU32 3LH

## We invite you to join us to learn how health issues

- Can impact on your life
- Techniques to manage your health
- · Healthier lives, brighter future

## Your local surgery is here to support your health and wellbeing needs this includes the following:

- Better eating habits
- Reduce stress
- Sleep well
- Embrace healthier lifestyle changes

**Speakers** 

**Dr Jo Hobbs** 

Sue Cradock
RGN &
PCN Health &
Wellbeing Coach

Mark Hancock
PCN Health &
Wellbeing Coach

Robbie Campbell
PCN Everyone Active
Coach



Book your free place and find further information

www.easthantspcn.

