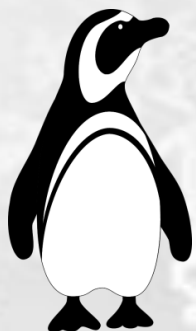




Winter Warmer Event

'Spread The Warmth'



Date: Wednesday 11th November 2015

Time: 10:30am - 15:30pm

Location: Birkenhead Park Pavilion, Park Drive,
Birkenhead, Merseyside, CH41 4HY



Helping you stay warm, healthy
and as comfortable as possible this winter.

The event will help you get ready for the cold weather, show you how to protect yourself against common winter illness and how to keep warm both indoors and out.

FREE HEALTH
CHECKS

FREE SOUP

LEARN YOGA MOVES

FREE MASSAGES
AND
MANICURES

To find out the full timetable for the event, please ring Healthwatch Wirral on 0151 230 8957 or visit the website - www.healthwatchwirral.co.uk