

Family Health Day

for Washwood Heath and
Bordesley Green communities



Wednesday, 16th February 2005
from 12 noon to 4.00 pm

Saltley Community Leisure Centre,
120 Broadway Avenue, Bordesley Green, Birmingham

- Blood pressure checks
- Diabetes tests
- Cholesterol checks
- Exercise session
- Stop smoking advice
- Breastfeeding advice
- Healthy eating advice

Free pedometer
+ advice in local
languages

**Children's
activities**



Entry to event, lunch and all activities free of charge

For further information, please contact Jackie Small
on 0121-380 0645 or Ibrar Uddin on 0121-747 2564

If you are a Saltley & Ward End Sure Start member, please
contact the office on 0121-464 4532 for pick up times.