

**FREE
EVENT**



COMMUNITY MENTAL HEALTH & WELLBEING EVENT



WEDNESDAY 19TH FEBRUARY

14:00 - 18:00



**Earls Court Health and Wellbeing
Centre, 2b Hogarth Road, SW5 0PT**

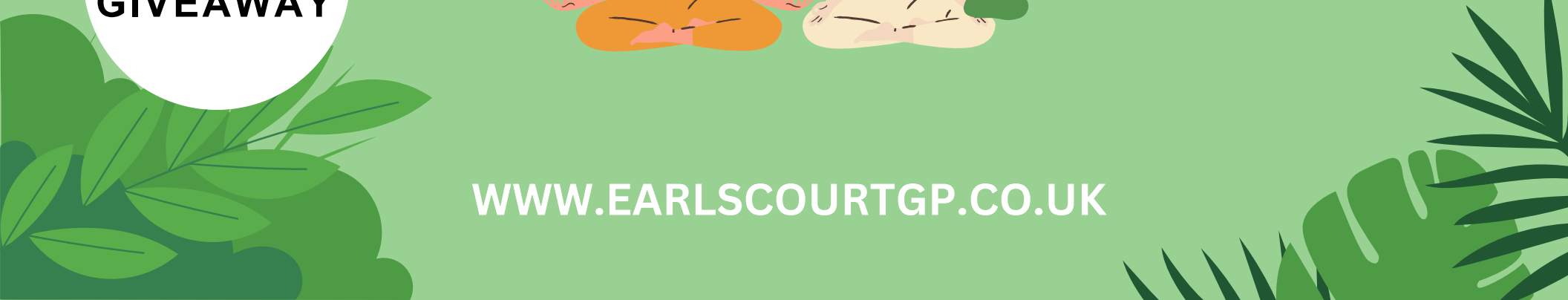


**PRIZE
GIVEAWAY**

**FREE REFRESHMENTS
FREE ADVICE
FREE SUPPORT**



WWW.EARLSCOURTGP.CO.UK



Bringing Us Together for a Healthier, Happier Community



Eat Well
Keep Active



Take a Break



Stay Present
Stay Mindful



Sleep Well



Professional
Advice



Ask for Help

Join us for our Health and Wellbeing Event!

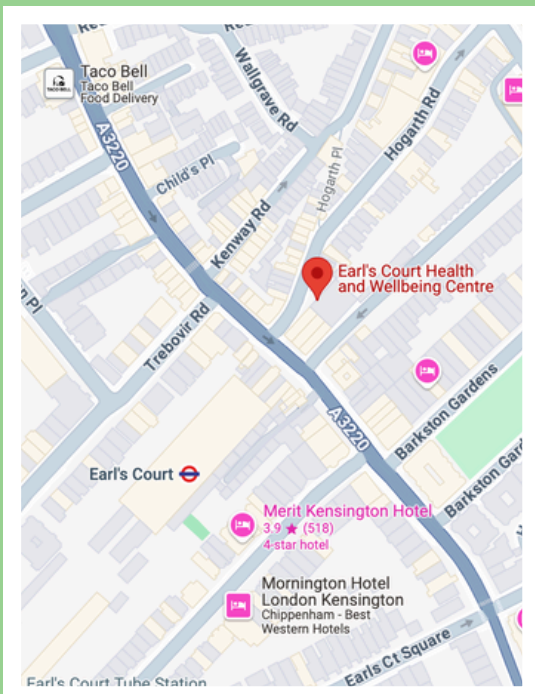
This will be a great opportunity to connect with your community, enjoy activities and get practical advice to support your health, wellbeing and happiness.

Everyone is welcome, so come along and be part of a healthier, happier future!

See you there!

Drop in For:

- NHS Blood Pressure Checks
- Social Support
- GP Registration
- Children & Young People Support
- Veterans Support
- Smoking Cessation
- Carers Support & Engagement
- Smear Screening Information
- Support for the Elderly
- Immunisations
- Information About Services in Your Area
- Local Area Co-Ordination



Transport Links

Tube

Earl's Court Station (2-minute walk):
District Line
Piccadilly Line

Bus

Buses to Earl's Court Station Stop:
74, C1, 328, C3.



FEATURING SERVICES BY:



Social Prescribing
Network