

Live Life to
the Full

Community HEALTH FAIR

Sunday 24,
July 2016

11-5pm

Balham Adventist Community Hall

83 Elmfield Road,
London
SW17 8AD

020 8673 9724 / 077 8633 2115

FREE FOR ALL THE FAMILY. BRING A FRIEND ALONG.

Community HEALTH FAIR

Our Health Screening Programme
Includes Checking:

- Blood Pressure
- Glucose and Body Fat
- Respiratory Health
- Health Age
- Optional Chair Massage and Steps Exercise
- GP Consultation

We often never fully appreciate the benefits of something valuable until we lose it. Your health is the most valuable asset you have.

Make sure you are doing everything to maintain it well, take that important step by attending the **Free Community Health Fair** at Balham Adventist Community Hall.

While you are getting your health checked or sampling some healthy foods, we have not left out your young ones. We have **activities planned** for them including a **Free Bouncy Castle** to keep them entertained safely.