

FREE EVENT - ALL LOCAL WOMEN WELCOME

**WEDNESDAY 17TH
APRIL**



**STALLS OPEN FROM
12 NOON UNTIL 3PM**

**OLD FIRE STATION COMMUNITY
CENTRE, 84 MAYTON STREET
N7 6QT**

**BUSES: 4, 29, 91, 153, 253, 254
259**

**SESSIONS ON HEALTHY EATING
AND EXERCISE, MENTAL HEALTH
AND WELLBEING**

**FREE
HEALTHY
LUNCH AT
1.15 PM**



ORGANISED BY LOCAL WOMEN'S ORGANISATIONS. FUNDED BY ISLINGTON COUNCIL IN PARTNERSHIP WITH CRIPPLEGATE FOUNDATION. SUPPORTED BY THE NHS, OCTOPUS COMMUNITIES, BETTER/GLL, HEALTHWATCH ISLINGTON, AGE UK ISLINGTON.

**HEALTH CHECKS AND
SCREENINGS**

**CHILDHOOD
VACCINATIONS**

**GROWING HEALTHY
FOOD PLANTS**

**MENTAL HEALTH
SUPPORT**



**Cripplegate
Foundation**

NHS

BETTER
the feel good place



**Islington
ageUK**

**healthwatch
Islington**