

City & Hackney 'looking after yourself'

Would you like to know more about how to keep healthy?

Would you like to tell us about your experiences with health services in City & Hackney?

Join us for this free community health event which includes:

- **Massage**
- **Yoga**
- **Sexual health advice**
- **Help to manage your long term health condition**
- **How to cook healthy food on a budget**

You can also pick up some free fruit and veg (*limited)

Thursday 17 November 2016

11am-3pm

Hackney Central Library

1 Reading Lane, E8 1GQ

There is no need to register, just come along on the day.

If you would like any further information about this event, please contact Sulekha on 020 7923 8367 or email

sulekha@healthwatchhackney.co.uk