

CONNECT

BE ACTIVE

TAKE NOTICE

KEEP
LEARNING

GIVE

WELLBEING ROADSHOW



FREE PHYSICAL HEALTH CHECK

Body MOT: Blood pressure | Heart rate | Height, weight, BMI | Body fat % | Skeletal muscle % | Visceral fat %

FREE PERSONAL WELLBEING CHECK

Take the 5 Ways to Wellbeing check to integrate simple ways to maintain good mental health & wellbeing in to your everyday life.

ADVICE & INFORMATION MARKETPLACE FOR:

Mental Health | Physical Health | Disability | Finance | Stop Smoking | Healthy Weight | Staying Safe | Education & Training | Volunteering | Employment

FREE NORDIC WALKING & EXERCISE TASTER SESSIONS

FREE REFRESHMENTS/SNACKS AND RAFFLE



Friday 29th November | Co-op Belper | 10am-3pm

The **co-operative** membership
Central England Co-operative

D **DERBYSHIRE**
County Council
Improving life for local people



IMPROVING
MENTAL
HEALTH



PEOPLE
POTENTIAL
POSSIBILITIES