

Free events in June.

Take some time to look after yourself!



Wise & Well Information Day



Thursday 16th June 2016 at 10.00am

A morning of
talks and
displays about
how to stay safe
and
independent

To include:
Reduce risk of
Falling,
Avoid Scams,
Exhibition of
charities,
Exercise taster

Shrewsbury
Crowmoor
Baptist Church
SY2 5JJ

To book your
free place,
please phone
01743 342162

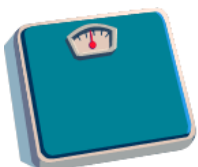


Healthy eating

FREE Diabetes Awareness programme



Foot Care



Weight management

Severn Fields Health Village
28th June & 5th July 2016

1.45—4.30 pm

To book your place, please
telephone

01743 342160

(Transport can be provided)



Eye screening



Keep active

Facilitated by Shropshire RCC Wise & Well Team