

Free raffle ticket for everyone attending  
Win Love to Shop vouchers!

1st prize - £100 2nd prize - £50 3rd prize - £25

# Winter Wellness Event

Keep your family healthy and active over winter



**Saturday 30th November 2024**

**10.00am - 2.00pm**

**Yarnspillers, Nelson**



## Come and chat with our friendly Primary Care Network (PCN) staff

- Opportunity on the day for **vaccinations** including covid, childhood immunisations, plus others (if eligible).
- Ask the Nurses about **screening and immunisation** programmes.



**Children & Family Wellbeing Service** - Find out about available services. Free goodie bags and children's activities.



**Pendle Leisure Trust** - Strength and balance taster sessions at 12.30pm and 1.30pm, plus free health checks and BMI body scanner.

**Beat the Street** - Come and celebrate the fantastic achievements. See how many miles were covered plus other amazing statistics!



**Marsden Heights Community College** - Food demonstration showcasing their amazing energy bites!

Visit **HARRI**, the health and wellbeing engagement vehicle on Morrisons car park for signposting, advice and guidance



Make your own smoothie on the **Go Velo smoothie bike!**