

# Older People's Health and Wellbeing Day

**Friday 21<sup>st</sup> October 10:00 – 16:00**

Thame Community Hospital

East Street

Thame

OX9 3JT

**Come and join the team at Thame for free:**

Balance and fitness reviews (advanced booking needed)

Blood pressure, height and weight checks

Advice on using technology

Foot health checks and mini foot massage

Physical activity information

Advice for carers

**Free parking and refreshments for those attending**

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

For more information about the event or to book a fitness review please call 079 293 78926

