

Health Awareness Event

Healthy Living Healthier Life

Thursday, 12 June 2014

7:00 pm

Bar Hill Church

Presentations by

Dr Leonard Shapiro

Interventional Cardiologist

Lesley McFarlane

Weight Management Practitioner, *Weigh 2 Go*

Simon Gurry

Fitness Trainer, *Body in Motion*

Information stalls from Bar Hill Health Walks, Waves Health Club, Slimming World, Weight Watchers, and the Maple Surgery Patient Participation Group.

This free event is open to everyone.

Organised by the maple surgery patient participation group – maple-ppg.org