

# Chester & District Housing Trust

Thursday 22<sup>nd</sup> September 2011, 11am - 3pm

Join us for our Rurals Touring Clinic at the Jubilee Hall, Malpas for the over 55's



There will be a variety of information available on the day regarding your physical/mental health and well-being, government benefits, grants and more...

Come along and find out more from

- Nursing Staff from Laurel Bank Surgery in Malpas for health advice
- Active Ageing/health walks and Wii Fit for older people
- Smoking Cessation/alcohol advice
- Healthy eating and cooking within a budget
- Dental health
- Falls prevention
- Volunteering opportunities for older people and more.....



