



# IT'S ALL ABOUT HEALTH & WELLBEING

4TH FEBRUARY 11AM-3PM

at Alsager Civic

**On Saturday 4<sup>th</sup> February**, from 11am until 3pm  
at Alsager Civic, Alsager Partnership will be showcasing  
an exhibition **ALL ABOUT HEALTH & WELLBEING**.

**The day itself promises to be jam-packed with  
information delivered by almost 30 health, wellbeing and  
fitness organisations that will help you discover how  
you can make your family's lives healthier, improve  
your general wellbeing and explore ways to be more active.**

**On the day, there will be many health organisations represented,  
alongside the following health screening checks available:**

- Blood Pressure Checks (Life Links)
- Abdominal Aortic Aneurysm Screening for 65yr+ males (UHNS)
- Body Fat Content and Muscle Function Screening (MMU)
- BMI Checks & Advice (SolePT)
- Diabetes Checks - tbc (Lloyds Pharmacy)

**People are encouraged to come along to Alsager Civic on 4<sup>th</sup> February and  
take advantage of the many free health checks and information on offer.**

For more details please contact Alsager Partnership (see information below).



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