

# FREE EVENT - ALL LOCAL WOMEN WELCOME

**WEDNESDAY 17<sup>TH</sup>  
APRIL**



**STALLS OPEN FROM  
12 NOON UNTIL 3PM**

**OLD FIRE STATION COMMUNITY  
CENTRE, 84 MAYTON STREET  
N7 6QT**

**BUSES: 4, 29, 91, 153, 253, 254  
259**

**SESSIONS ON HEALTHY EATING  
AND EXERCISE, MENTAL HEALTH  
AND WELLBEING**

**FREE  
HEALTHY  
LUNCH AT  
1.15 PM**



ORGANISED BY LOCAL WOMEN'S ORGANISATIONS. FUNDED BY ISLINGTON COUNCIL IN PARTNERSHIP WITH CRIPPLEGATE FOUNDATION. SUPPORTED BY THE NHS, OCTOPUS COMMUNITIES, BETTER/GLL, HEALTHWATCH ISLINGTON, AGE UK ISLINGTON.

**HEALTH CHECKS AND  
SCREENINGS**

**CHILDHOOD  
VACCINATIONS**

**GROWING HEALTHY  
FOOD PLANTS**

**MENTAL HEALTH  
SUPPORT**



*Cripplegate  
Foundation*

**NHS**

**BETTER**  
the feel good place



**Islington  
ageUK**

**healthwatch  
Islington**