

OLD OAK CENTRE



COMMUNITY CHAMPIONS LAUNCH & WINTER HEALTH EVENT

- **Free winter goody bags**
(For first 40 people)
- **A selection of free body massages**
(Arrive early to book)
- **Free Yoga Session**
(Arrive early to book)
- **Community Pharmacist**
(Free Health advice around flu & book your flu jab)
- **Free Gardening advice**
(Book a free Introduction to horticulture course)
- **H&F Clinical Commissioning Group**
(Speak to your local health professionals)



**FRIDAY 22ND NOVEMBER 2019
12 - 3PM**

oldoakcentre.co.uk

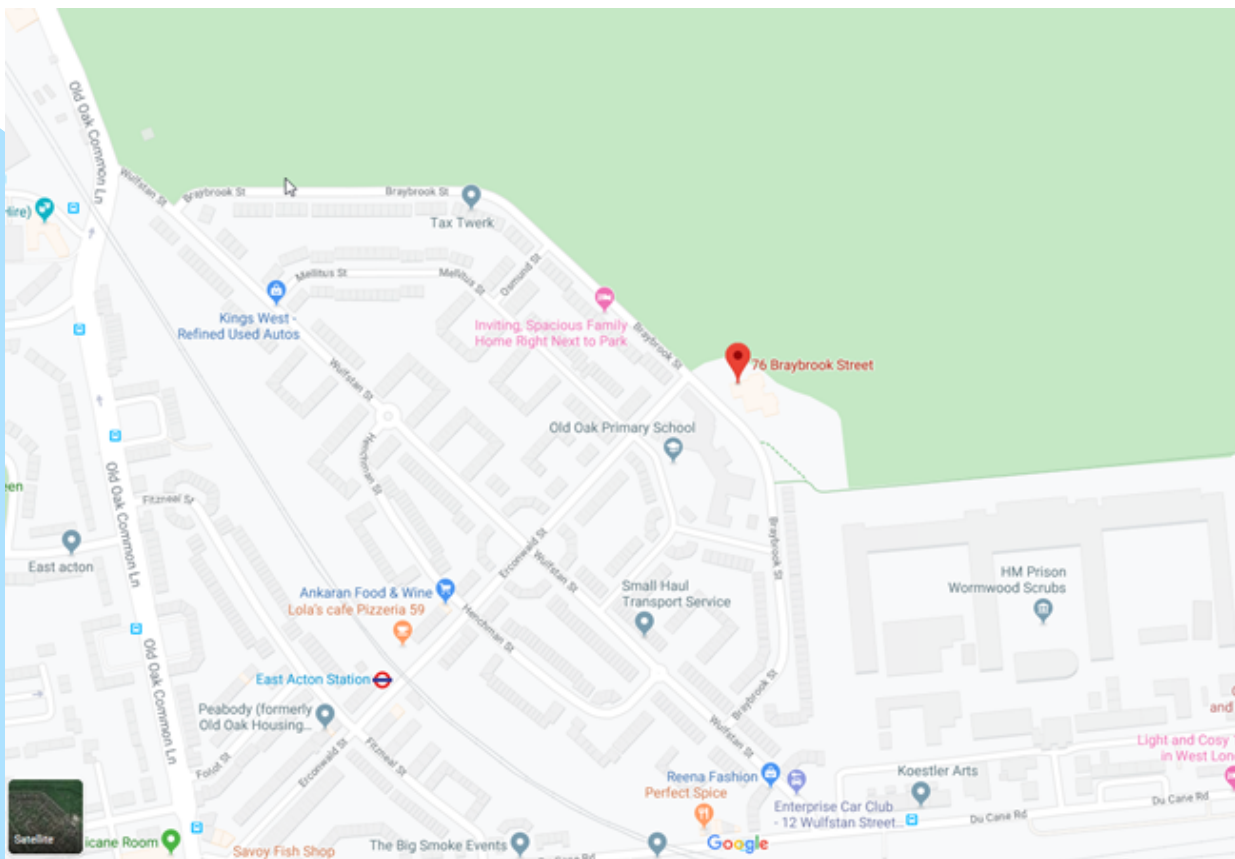
020 8740 8008 / oldoakcentre@peabody.org.uk

Old Oak Community & Children's Centre
76 Braybrook Street
East Acton, W12 0AP



OLD OAK CENTRE

Community and Maternity Champions build on the skills and knowledge of local communities, they bring local people together connecting them to relevant local services and as a consequence help to improve the health and well-being in there local communities.



Taking place at:

**Old Oak Community & Children's Centre, 76 Braybrook Street
East Acton, W12 0AP**

Buses: 7,70,272,283 (Wulfstan Street Stop) Tube: East Acton (Central Line)

For more info: 020 8740 8008 / oldoakcentre@peabody.org.uk