



Women's Health and Wellbeing Event

Date: 30th June 2015

Time: 10:00am - 1pm

**Venue: Newham African Caribbean Resource Centre,
627-633 Barking Road, London E13 9EZ**

FREE REFRESHMENTS WILL BE PROVIDED

- Learn about healthy living and healthy eating
- Free advice on looking after your mental wellbeing
- Free relaxing hand massage
- Support for you to live independently at home
- Raising awareness of the serious harm caused to health and wellbeing by FGM
- Women's empowerment
- Advice on how to stop smoking
- And many more activities on the day