

taking care of your health...

3rd Annual Health Mela 2015

A Community Health Fair

Saturday 3rd Oct 2015 11am-4pm

Lytham St. Annes Technology
& Performing Arts College
Worsley Road, Lytham St. Annes FY8 4DG

Everyone welcome

Entrance, Parking and Health Checks are FREE!
Health and Wellbeing related exhibits

Chief Guest - Adrian Leather:
Chief Executive Lancashire Sports



ENJOY
EDUCATE
EMPOWER

Cyber Bullying
presentation by
DJ Lionel Vinyl



Make the most of these opportunities

- Complete health checks including blood pressure, BMI
- Blood sugar & cholesterol testing
- Personal & confidential health counselling
- Advice for older people (Falls Prevention, Mobility, Nutrition and Pharmacy)
- Practical demonstrations of healthy living for all
- Advise on Oral, Dental, Hearing and Eye checks.
- Create your own smoothie on the smoothie bike
- Complementary medicine - Reiki taster session
- Advice on children mental health & wellbeing
- Fun & games for children, colouring competition



National Forum for Health & Wellbeing

Registered Charity No. 1159443

Aims of the Health Mela

- To engage and empower the community to lead healthy lifestyles
- To provide free health checks, advice and personal counselling
- To encourage the public to make effective and informed use of health resources

Events 2015 - 2016

Bolton Health Mela

12th March 2016
University of Bolton
Deane Rd, Bolton
BL3 5AB

Preston Health Mela

16th April 2016
UCLAN
Fylde Road
Preston PR1 2HE

Bradford Health Mela

July 2016
Venue TBC

Leyland Health Mela

June 2016
Venue TBC

Fylde Coast Health Mela

Date and Venue TBC

Cumbria Health Event

Carlisle City Centre
In conjunction with the
Ambassadors of Carlisle
and the Local Rotary Club
3rd October 2015

East Lancashire Health Mela

Date and Venue TBC

Conference on
Health & Wellbeing
Evening Guest Lectures,
venues and dates TBC

