



South West Rhyl Communities First Health Wise Day

WEDNESDAY OCTOBER 7th 2009

10am – 3pm

John Davies Community Building
82 Marsh Road, Rhyl

Free Refreshments & Lunch

[Lunch based on first come, first served basis]



*Free health related product
for everyone attending
[first come basis]*

*Enter our health quiz
to win a digital blood
pressure monitor or
body fat monitor!*

Information and advice from the following agencies:-

- Book Therapy
- Changing Minds Stress, relaxation & hypnosis
- Healthy Sexuality Project
- Stop Smoking Wales
- Young people's substance misuse service
- Expert patient programme
- Viva
- North east Wales Carers information service
- West Rhyl Young People's Project
- Health Improvement Officer
- North Wales Deaf Association
- Vision support
- Mens health

*Free Holistic
therapies
Pamper Yourself!*



For further information please contact: Lisa/
Debbie on 01745 332528