



PLEASE JOIN US for our next Health & WELLBEING POP UP

Wednesday 19<sup>th</sup> February 2020 1.15 – 3pm

## 'Living a Healthy Lifestyle'

by Public Health Northants, Supporting Independence Programme

A FREE, informative presentation giving top tips and advice  
on how to improve your health, fitness & food choices  
plus meet Jenny to learn about our Grow Together Allotment  
& the benefits of growing your own

1.15pm refreshments, 1.30pm talk, 2.15pm Q&A session

Duston Community Centre,  
Pendle Road, NN5 6DT

Please call us to book your FREE place



Duston Parish Council working in partnership with St Luke's PPG

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