

# City and Hackney 'stay healthy' event

Would you like to know more about how to keep healthy?

Join us for this free community health event which includes the below and more:

- Massage
- Foot health session
- Smoothie bikes – cycle your way to a smoothie
- Information on local mental health support
- Cooking healthy food on a budget
- Diabetes checks

There is no need to register, just come along on the day.

**Wed. 15 November 2017**  
**10.30am – 2.30pm**

**Hackney Central Library**  
1 Reading Lane, E8 1GQ

You can also pick up some free fruit (limited)

NHS  
COMMUNITY VOICE

