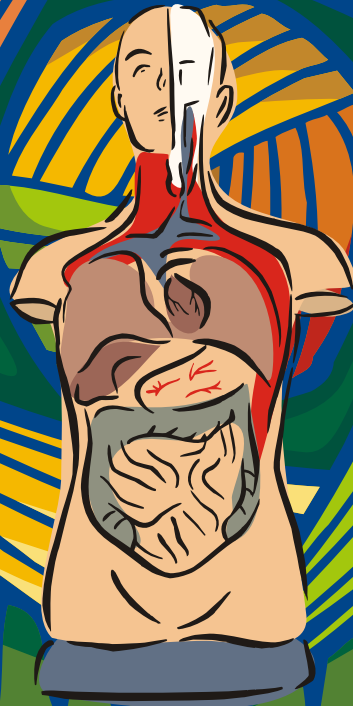


Health Fair

2007



Wednesday 14 March, 9am - 5pm - Reception Room, Civic Centre

Find out how to change your lifestyle:

- Discover Your Body Mass Index with a Mini Fitness Assessment
- Learn More about Food Safety
- Get a Cholesterol, Blood Pressure & Urine check
- Check your Bone Density*
- Check Prostate Health*
- Stress Management
- Advice on Giving up Smoking with New Leaf
- Find out about the no joining fee offer for Gedling Leisure Centres
- Win a free DNA membership for 6 months!



*Pre-booking is required for these services -
please contact Jane Kemp or Rebecca Dearlove
for more information on 0115 901 3935



Further details from
Barry Saunders 0115 901 3940

Come along and see what's on offer!