

My Health Matters

Community Health Awareness Day

**Tuesday 9th September, 11am–3pm
@ Edmonton Green Library, N9 0TN**

Join us on the day for:

- Free health checks
- Wellness information
- Stop smoking support
- Mental health support
- Exercise tips
- Nutrition guidance



Lets build a healthier future together!



Royal Free London
NHS Foundation Trust



healthwatch
Enfield

North Mid
in the community



**Enfield Musculoskeletal
Community Health Hub**



Vaccination UK



**From IAPT to
NHS Talking Therapies:
new name, same service**



heartfulness
advancing in love

ENFIELD
Council

