

Live Life to
the Full

Community
HEALTH EXPO

Sunday 24,
April 2016

11-5pm

Balham Adventist
Community Hall

83 Elmfield Road,
London
SW17 8AD



FREE FOR ALL THE FAMILY. BRING A FRIEND ALONG.

Community HEALTH EXPO

**Our Health Screening Programme
Includes Checking:**

- Blood Pressure
- Glucose and Body Fat
- Respiratory Health
- Health Age
- Optional Chair Massage and Steps Exercise
- GP Consultation

We often never fully appreciate the benefits of something valuable until we lose it. Your health is the most valuable asset you have.

Make sure you are doing everything to maintain it well, take that important step by attending the **Free Health Expo** at Balham Adventist Community Hall.