

DT11 HEALTH AND WELLBEING WEEK

18th - 20th SEPTEMBER



DT11 FORUM
community partnership

Health information fair

Thursday 18th – Friday 19th

Exhibitors, presentations and workshops in the **Sealy Suite** at the **Crown Hotel**. Guest speakers, including the Senior Cardiologist, Dorchester, Osteoporosis Dorset, the Childrens Centre, My Health My Way and Disability Wessex. Demonstrations including The Friendly Food Club, Everyone Active, Elemental Tai Chi and many others

Get involved, get active, try something new

Saturday 20th

A range of activities taking place across Blandford including **kayaking, bowls, cycling, walking** and **fun run** with demonstrations and signposting continuing in the Sealy Suite in the morning.



dt11forum.org.uk

NHS

Dorset

Clinical Commissioning Group