

3rd Annual

Health Mela

2012

Everyone
welcome

Free
event

Take Control of Your Health

Tuesday 20th March 2012
11am — 6pm

Chancellor's Mall
University of Bolton
Deane Road
Bolton BL3 5AB



Free health assessment

Free height and
weight measurements

Free blood sugar and
cholesterol testing

Free blood pressure check

Advice on healthy living,
exercise, smoking and
alcohol abuse

Personal and confidential
health counselling

Many exhibitors providing
advice and information

Smoothie bike

Free complementary
medicine taster workshops:
Reflexology, Reiki, Head
massage, Yoga etc

Refreshments available

Working towards healthier living in partnership with