

Time to *Act!*

MegaLungs

*Health Expo &
Seminar Series*



Upper Room Church
All Souls Community Centre
Ilkeston Road Radford
Nottingham NG7 3HF

How well are you looking after your own health?

You can choose to **Act** and change your life for the better.

Come and join us!

- Free basic health checks
- Walk inside a giant pair of inflatable lungs provided by the 'Roy Castle Foundation'
- Children's fun activities (games)
- Food demonstrations

Venues

'Megalungs Health Expo' on Sunday the 25th of August at **Hyson Green Market** (opposite ASDA) between 11am to 4pm

'Health Seminar Series' from Monday the 26th of August to Friday the 30th of August (7 to 9 pm). **All Souls Community Centre**, Ilkeston Road, Radford, Nottingham NG7 3HF

For more information, please contact:

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