

# Farnham Health & Wellbeing Day



**11am - 3pm Sunday 18th March 2018**

**at Farnham Maltings**

**Working together to promote better  
physical and mental health**

**Get advice on:**

**First aid for your child**

**Avoiding sports  
injuries**

**Losing weight**

**Come and try out:**

**A Smoothie Bike**

**Playing a ukulele**

**Tai Chi**

**C.P.R**

**Plus programme of talks  
from expert speakers  
starting at 11am**

**This event is being held along with the Rotary Cyclathon**

**Farnham Maltings, Bridge Square, Farnham GU9 7QR**

**Find out more at [www.farnham.gov.uk](http://www.farnham.gov.uk)**