

Older People's Health and Wellbeing Day

Thursday 27th February 2025 - 10am – 2pm

Buckingham Community Centre
Cornwalls Meadow
Buckingham
MK18 1RP

Come and join the team from Buckinghamshire Healthcare NHS Trust for free:

- Balance and fitness reviews (advanced booking needed)
- Blood pressure, height, and weight checks
- Continence Advice and support
- Physical activity information
- Vaccination Team

There will also be a marketplace with various local charitable organisations giving advice about what support is available locally and across Buckinghamshire.

Free refreshments for those attending

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

To book a fitness review (limited spaces) please call 07342 082841 or email: bht.communications@nhs.net

