

FREE Health & Wellbeing Event



Saturday 19th October 12:30pm – 4:00pm

**Market Weighton Community Centre
2 Station Road, Market Weighton, YO43 3AX**

Find out more about local services that can support your health and wellbeing

Exhibitors include; Market Weighton GP Practice, (supported by the Practice's Patient Participation Group), Humber Teaching NHS Foundation Trust's Recovery & Wellbeing College, Wellbeing Recovery Employment Service, Humber Voluntary Services, NHS Research Team, NHS Social Prescribing - Health and Wellbeing, Advisor and Connector Team, NHS East Riding Talking Therapies Service. **Plus**, representatives from a variety of organisations and charities working in the area, Together We Care, MIND, U3A, Rotary, Dove House, CHCP Podiatry, Diabetes Nurses, Alzheimer's Society, XYLa (Lifestyle change), Healthwatch, Cohen's Pharmacy and Hear You Ltd.

Free healthy snacks kindly provided by
Tesco Market Weighton



Caring, Learning
& Growing Together

Market Weighton Practice Patient Participation Group
Email: ppgmwp@gmail.com