LIVING WELL

A Long-Term Conditions Event

Discover practical advice, meet local health professionals, and access services to help manage your health.

EVENT GOALS

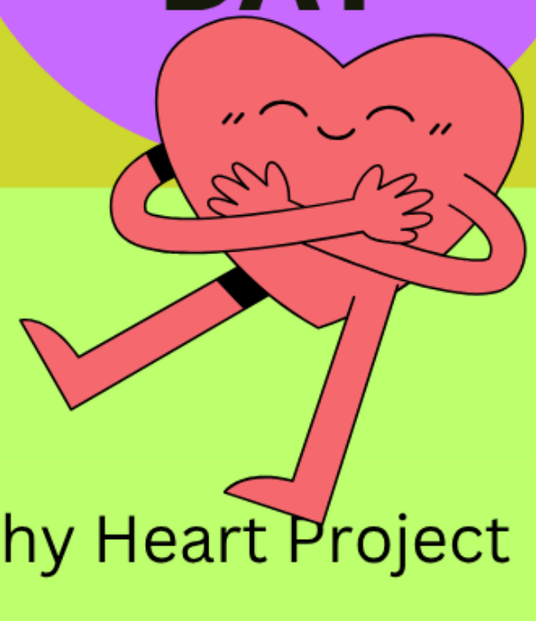
✓ Raise awareness of local health services

✓ Offer preventive health support (flu jabs, healthy lifestyle advice)

✓ Improve access to wellbeing resources

✓ Encourage self-care and long-term management

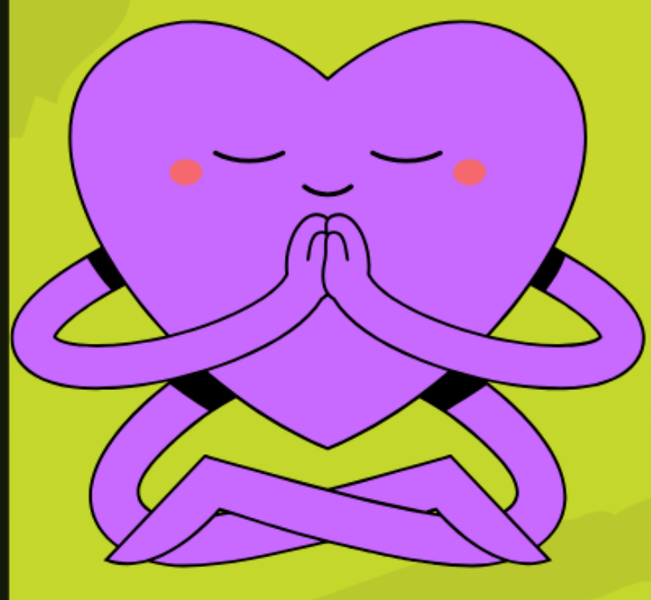
FLU JABS AVAILABLE ON THE DAY



Time	Service
10:00 – 10:20	Stroke Service
10:30 – 10:50	Diabetes Service
11:00 – 11:20	Inclusion Barnet, Healthy Heart Project
11:30 – 11:50	Stoma, Continence & Catheter Service
12:00 - 12:20	Health & Wellbeing Coach
12:30 - 12.50	Gro Health
1:00 – 1:20	NHS Diabetes Prevention
1:30 – 1:50	Bread n Butter
2:00 – 2:20	Health Ambassadors
2:30 – 2:50	Smoking Cessation
3:00 – 3:20	Ageing Well Team
3:30 – 4:00	Falls Prevention Team

TUES 21 OCT
10AM–4PM

COLINDALE COMMUNITY TRUST, THE CONCOURSE, THE OLD LIBRARY, NW9 5XA



Who Should Attend?

Anyone interested in managing or preventing health conditions.