



'Free!'

Health & Wellbeing OPEN DAY 2023

language support available Urdu, Punjabi, Arabic & Hindi



Tuesday 10th October
11am to 2pm

At Broomhall Centre
Broomspring Lane,
Sheffield
S10 2FD

Contact for more info:
0114 250 0222
or email Disha Shah-
d.shah@shipshape.org.uk

**Refreshments
Provided**

**Blood Pressure
Checks**

**Diabetes
management**

Stroke Awareness

Mental Health

**Eye screening
information**

**Dementia
Awareness**

Oral Health

Cancer Awareness

Health Checks

**Stop Smoking
Information**

**'Come and have your Pulse
Checked to identify your risk of
stroke and other conditions.'**

And More..