

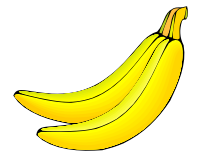
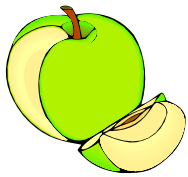
**Patients of Moss Grove Surgery-
Kingswinford are invited to a:**

Healthy Living / Healthy Lifestyle Event

Visit our website on:
www.mossgrovesurgery.co.uk

**On: Thursday 10th July 2008 between
7.00 pm and 9.15 pm at Moss Grove Surgery, Kingswinford.**

Display Stands Including:



- ☛ Smoking Cessation
- ☛ Healthy Eating / Benefits of Exercise
- ☛ Opportunity to have your Blood Pressure, Height, Weight and Body Mass Index checked
- ☛ Get your Cholesterol checked (if applicable) ☛ Sports Injuries Advice

PROGRAMME

7.00 pm

Welcome by John Hopkins

Chair Patients Panel



7.05 pm

Dr Angela Haddon – Healthy Eating / Healthy Lifestyle

Associate Specialist in Cholesterol & Weight Management Clinic

7.30 pm

Promoting “Safe” Exercise

Russell Tipson – Director of Action Heart Russells Hall Hospital

7.45 pm

Healthy Alcohol Advice

Vinny Shepherd (Aquarius) – Alcohol Healthcare Practitioner

Richard Shake-Bulous – Counsellor at Aquarius

8.00 pm

Cancer Awareness

Dr Parnell – GP – Moss Grove Surgery-Kingswinford

8.15 pm

Questions and Answers

8.35 – 9.15 pm Opportunity to view stands / Have lifestyle checks undertaken



Healthy Living / Healthy Lifestyle Evening – Thursday 10th July 2008

Response Required By: Thursday 3rd July 2008 I *Will/Will Not Be Attending (*Delete as appropriate)

Number of Places Required: _____ Name(s): _____

Address: _____

***** Please Complete and Return to the Surgery by Thursday 3rd July to Reserve a Place *****