

STAY WELL
LIVE WELL

WE'RE GETTING
READY TO STAY
WELL AND LIVE
WELL - ARE YOU!

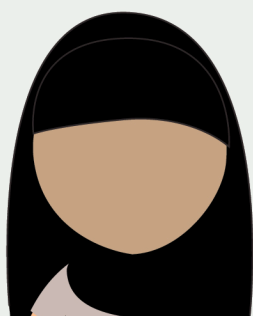
KEEP
TALKING

EAT
WELL

TAKE IT
EASY

KEEP
MOVING

THINK
POSITIVE



Stay Well, Live Well connects you with the right people, activities and organisations so that you get all the information and support you need to adopt a healthier lifestyle and stay well.

Hornsey Lane Estate Community Association

SWLW Launch

Date: 25th May 2017

Time: 6-8pm

Venue: Hornsey Lane Estate
Community Centre, Hazellville Road,
London N19 3YJ

www.octopuscommunities.org.uk

Caxton House, 129 St. John's Way, London N19 3RQ

Charity No. 1128394





STAY WELL, LIVE WELL

HELP US TO HELP COMMUNITIES
GET BETTER ACCESS TO HEALTH
INFORMATION AND ACTIVITIES

VOLUNTEERING:

We are seeking volunteers who are interested in supporting the delivery of the project by helping organise events, activities, and outreaching in the community. We are keen to engage volunteers interested in becoming 'Health Champions' in their community.

We are launching our health and wellbeing project Stay Well, Live Well and would like you to join us for an evening of:

- Fun taster sessions
- Speakers from local organisations
- Information stalls
- Opportunity to tell us what activities you would like to attend at your community centre

Crèche Opens 6pm

Food will be provided.

All welcome. No booking necessary.

For more information, please contact:

Irene on 0207 272 5938 or admin@hleca.org.uk

OR Maria on maria@octopuscommunities.org.uk or
0742 2668 12

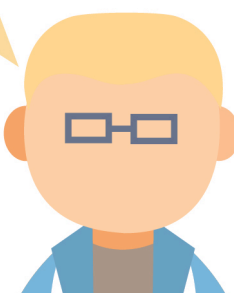
WE'RE WORKING WITH
ISLINGTON COMMUNITIES TO
TACKLE HEALTH INEQUALITIES



WE ARE
BRINGING PEOPLE TOGETHER
TO EXCHANGE IDEAS FOR
HEALTHY LIVING AND
STAYING WELL



IF YOU HAVE IDEAS FOR
TACKLING HEALTH INEQUALITIES IN
YOUR COMMUNITY WE'D LOVE TO
HEAR ABOUT THEM!



FOR MORE INFORMATION

PLEASE CONTACT:

SWLW Team
Caxton House,
129 St John's Way,
London N19 3QR

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