

# Bedford Health and Wellbeing Fair 2019

Wednesday 25<sup>th</sup> September 2019

10am to 4.30pm

Corn Exchange

13 St Paul's Square, Bedford

MK40 1SL

Everyone welcome!

FREE entry, refreshments, health  
checks, taster sessions,  
entertainment



## Special Guests

Sir Robert Francis QC, Chair of Healthwatch England  
Prof. Mayur Lakhani, President, Royal College of General Practitioners  
Sir Peter Dixon, Chairman, Diabetes UK

Come with your friends & families • Enjoy, Educate and Empower

- + Personal & confidential health & wellbeing advice
- + Complimentary refreshments
- + Large number of exhibition stalls
- + Advice on Mental, Spiritual and Physical wellbeing by experts



For more information, call 01234 718018 or email [emma.f@healthwatchbedfordborough.co.uk](mailto:emma.f@healthwatchbedfordborough.co.uk)