

HAMPTON COMMUNITY HEALTH FAIR

16 FEBRUARY 2023
11:00 AM - 2:00 PM
YMCA WHITE HOUSE
45 THE AVENUE, HAMPTON TW12 3RN

Join us for a free, walk-in community health fair!

In addition to scheduled well-being workshops, an art activity, lunch, free basic health checks and healthy cooking information, local Richmond charities and organisations will be available to share information about their services and advice on how you can look after your health.

Get a FREE Basic Health Check and you'll be entered into our raffle!

Win a Xiaomi Mi Band 7 fitness watch, 3 month leisure pass from Richmond Council or other great prizes!



Event Schedule

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| 11:00 | Start of event | 13:00 | Walk In, Dance Out Session with SoulHub 15 minutes |
| 11:15 | Well-being Session: Invest in Yourself with United Response 30 minutes | 13:30 | Lunch catered by Surplus to Supper |
| 12:00 | Zumba Session with Tara from YMCA White House 15 minutes | 14:00 | Raffle drawn by Her Worship the Mayor of the London Borough of Richmond upon Thames, Cllr Julia Cambridge |