

Think healthy!

(and get healthy...)

Get a
massage

How to eat
healthily

Easy to
understand



Try out
wii fit

Join an activity
group

Try a gentle
exercise
routine

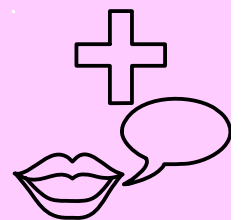
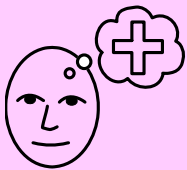
Find out about services and
organisations you can use

Get advice from
health professionals

22nd June 2010

10am – 4pm

Ealing Town Hall – Liz Cantell Room



An event for people with learning disabilities and their carers in the Ealing area – where you can get direct advice from a variety of health professionals, learn how you can keep healthy in a fun and easy way, whilst meeting new people.

Think Healthy!

An event for people with learning disabilities and their carers



Many people with Learning Disabilities can find it hard to get the right support to keep healthy



At our “Think Healthy!” event you can meet with a variety of health professionals and have a chat about areas your health that you may find difficult, they can give you and your carers great advice.



You can also take part in an action packed programme that will include getting active, learning to relax, getting advice.



There will lots of fun stalls where you can have fun learning how to look after yourself to stay healthy