

Health and Wellbeing Event



Coventry Muslim Forum in partnership with NHS in Coventry & Warwickshire would like to invite you to a Health and wellbeing event in Rugby

Services and information about:

- Long Covid—diagnosis and support
- Mental Health Awareness & support
- Type 2 Diabetes and managing your condition
- Cancer Screening programme
- Stopping smoking, chewing tobacco/betel nut
- Respiratory condition management
- Vaccinations
- Physical health and being more active
- Healthy eating and portion control
- Looking after your teeth and gums

FREE Health screening testing:

- Blood pressure checks
- Blood glucose testing
- Cholesterol test

Local NHS staff will be on hand offering advice, information, support and health screening checks, separately for men and women.



**Refreshments
and Lunch will be
provided!**

SUNDAY 21st JANUARY 2024

11.00am - 2.00pm

**PAKISTANI WELFARE ASSOCIATION
(COMMUNITY CENTRE),**

85 CAMBRIDGE STREET, RUGBY, CV21 3NH



For more information about the event,
please email: info@coventrymuslimforum.org
or scan the QR code

NHS

**Coventry and
Warwickshire**