

# First Health Mela for Bolton One

**For the first time, the University has hosted the town's annual Health Mela in the new health, leisure and research centre, Bolton One.**

The Health Mela, now in its fourth year, focused on putting the fun into promoting wellbeing and education, aiming to inspire people to take control of their health lifestyle choices.

Said University of Bolton Pro Vice Chancellor, Professor Rob Campbell, Chair of the Health Mela Steering Group: 'Bringing the Health Mela to Bolton One for the first time puts this community event at the heart of our community, in a building which brings together so many healthy living services, delivered by Health Mela partners.'

Bolton One, which opened in 2012, was built in partnership, by the University of Bolton, Bolton Council and NHS Bolton. The complex includes NHS health services as well as a swimming pool and gym and the university's flagship health and sports science research, teaching and consultancy services.

Health Mela visitors were able to get advice from healthcare professionals in a friendly, informal environment.

Activities at the event included:

- Free BMI testing
- Free blood sugar and cholesterol testing
- Free cardiovascular risk assessments
- Free health assessments
- Advice on healthy living, exercise, smoking and alcohol abuse
- Personal and confidential health counselling
- Activities for children – a smoothie bike and painting
- Free complementary medicine taster workshops, such as reiki, head massage, yoga.

Bolton's Health Mela is run in partnership with the National Forum for Health & Wellbeing, NHS Bolton, Royal Bolton Hospital and Bolton Council.

