

[www.nfhw.org.uk](http://www.nfhw.org.uk)

**FREE ENTRANCE**  
**Everyone welcome**

- Free health MOT checks
  - Free risk assessments and counselling
  - Information and advice on health issues
  - Lots of fun activities for children
  - Safety at work
  - Falls and fracture prevention
  - Advice on Internet safety
  - Accident prevention and safety in the home
  - Healthy eating the fun way
- *If you're Healthy you can be Happy!*

13th Annual  
**Health Mela**  
**2014**

**Health & Safety for your Wellbeing**

Saturday 3rd May 2014  
 11am to 4pm

Chief guest: Dr Tim Ballard  
 Vice Chair of Royal College of General Practitioners  
 Guest of honour: Cllr Veronica Afrin, Mayor of Preston

**guildhall**  
 preston

Lancaster Road, Preston PR1 1HT  
 Free Parking: Preston Bus Station PR1 1YT (Only floors 7, 8 and 9)



Working towards healthier living in partnership with: