

www.nfhw.org.uk
FREE ENTRANCE
 Everyone welcome

2nd Annual Fylde Coast Health Mela (Fair) 2014

Mental health of children and young adults

Saturday 4th October 2014
11am to 4pm

Fleetwood High School

Broadway, Fleetwood, Lancashire FY7 8HE

Free parking available / Free Transport to and from Town Centre provided by Rideability Blackpool

Charlie Cairoli Jr. Conducting mental health **WORKSHOP FOR CHILDREN**

Chief guest: Professor Dame Sue Bailey
 Immediate Past President, Royal College of Psychiatrists

➤ *If you're Healthy you can be Happy!*

- Free health MOT checks
- Free risk assessments and counselling
- Information and advice on health issues
- Lots of fun activities for children
- Smoothie bike and bouncy castle for children
- Falls and fracture prevention
- Head massage and Pilates
- Healthy eating the fun way
- **Special attraction**
 Watch FTFC Codlings in action on the Astro turf 10am - 1pm

Thank you to
Fleetwood High School
 for hosting this mela



Working towards healthier living in partnership with:

