

taking care of your health...

6th Annual Health Mela 2017

A Festival of Health & Wellbeing

Saturday 14th Oct 2017 11am-4pm

Academy@Worden,
Westfield Drive, Leyland PR25 1QX
Everyone welcome

Entrance, parking and health checks are
Health and Wellbeing related exhibits

Chief Guest Amanda Hatton

Head of children's Services - Lancashire County Council

Enjoy children performance on stage

Health awareness presentations



ENJOY
EDUCATE
EMPOWER



WATCH OUR
HEALTHY
EATING
DEMONSTRATION
IDEAS



Make the most of these opportunities

- Complete health checks including blood pressure and BMI
- Blood sugar & cholesterol testing
- Personal & confidential health counselling
- Frailty Assessment for older people (Falls Prevention, Mobility, Nutrition and Pharmacy)
- Practical demonstrations of healthy living for all
- Health checks for children (Height, Weight and BMI)
- Specialist eye & vision assessments.
- Oral, dental & hearing health advice
- Create your own smoothie on the smoothie bike
- Complementary medicine - Reiki taster session
- Advice on children's mental health & wellbeing
- Fun & games for children, colouring competition

 @NFHW1
#HealthMela2017

University of Bolton 

3 BUSINESS AWARDS WINNER
Local Enterprise Awards

Lancashire Teaching Hospitals 
NHS Foundation Trust

Lancashire Care 
NHS Foundation Trust




University of Central Lancashire

- **Children's performance on stage**
- **Health awareness presentations**
- **Enjoy Special effects face painting**
- **Have your height, weight and BMI measured**
- **Teddy Bear Clinic - bring your teddy or hero for examination**
- **And much much more**

