

HAM COMMUNITY HEALTH FAIR

31 MARCH 2023

11:00 AM - 2:00 PM

HAM LIBRARY

HAM ST, RICHMOND, TW10 7HR

Join us for a free, walk-in community health fair!

In addition to lunch, free basic health checks and healthy cooking information, Richmond Council, local charities and other organisations will be available to share information about their services and advice on how you can look after your health.

Get a FREE Basic Health Check and you'll be entered into our raffle!

Win a Xiaomi Mi Band 7 fitness watch, 3 month leisure pass from Richmond Council or other great prizes!



Event Schedule

- 11:00** **Start of event**
Drop in to speak with community organisations
- 13:15** **Raffle** drawn by Her Worship the Mayor of the London Borough of Richmond upon Thames, Cllr Julia Cambridge
- 13:30** **Free Lunch**
catered by Surplus to Supper