



Make 2024 your year by staying healthy and connected by visiting our....

Health & Wellbeing
DROP IN SESSIONS
@ **Hamilton Library**

Tuesday 4th June 2024
Drop in between 11:00-15:00
At Hamilton Library, 20 Maidenwell Ave,
Hamilton, Leicester LE5 1BL

- **Support and advice on health, wellbeing, and mental health available from local community services.**
 - **Have a chat with our social prescriber.**
 - **Free refreshments available**