

ONE YOU

A NEW ANNUAL EVENT

at Marine Hall this spring

'One You – Health and Wellbeing Event'

Sunday 8 April 2018, 10am-4pm, entry is free

This is a family event - all ages welcome

Come along and find out more about healthier lifestyles.

There will be a variety of stalls and live demonstrations from local organisations, community groups and businesses

Supported by the Healthier Fleetwood initiative and Wyre Council

Stalls include:

- **Hypnotherapy**
- **Physiotherapy**
- **Exercise groups and classes**
- **Tropic skincare**
- **Slimming World**
- **Healthier Fleetwood Partner**
and many more

There will be performances from our Harmony and Health Singing group
Further activities and demonstrations to be confirmed