



HEART & SOUL HEALTH & WELLBEING EVENT

Fort William

Thursday 24th October 2019
11am – 8pm

FREE taster activity sessions, demonstrations, workshops, 1:1 health checks, health and wellbeing advice, information hub and much much more...

Various activities taking place across 6 venues in the town area

Pick what you may be interested in and come along for the activity or advice

No need to book, just turn up

Copies of the full programme which tells you what is happening, when and where, are available from Libraries in the Lochaber area, Studio 2 Buzz Project (FW High St), VAL An Drochaid (Claggan), Fort William Service Point and Fort William Health Centre OR you can download a copy from:

www.valochaber.org

There's something for everyone and it's all FREE !



Lochaber Community
Partnership