

# WOMEN'S HEALTH EVENT

The Hadwen & Quedgeley Primary Care Network invites you to attend this **FREE** event dedicated to helping local women take control of their health and wellbeing.

Whether you want to pop in for a look around the many information stands, sit in on one or more of our specialist talks, or get involved in our exercise taster sessions, there will be something for everyone!

## WHEN

Saturday 13<sup>th</sup> January 2024  
11am - 4pm

## WHERE

Abbeydale Community Centre  
Abbeydale, Gloucester, GL4 4BL

## REGISTER & FIND OUT MORE

Visit [tinyurl.com/HQWHE2024](https://tinyurl.com/HQWHE2024) or scan the QR code to find out more and to register for this event.

This event is aimed at patients registered with Hadwen Health or Quedgeley Medical Centre, but we welcome friends and family members registered to other Practices to tag along for the experience!



**LEARN. DISCOVER. TAKE CONTROL.**

SPONSORED BY:



## HEAR FROM SPECIALISTS

In the Tickner Studio / Lindsey Room:

11am	Pelvic Health
12pm	Menopause & Perimenopause
1pm	Breast Cancer Awareness
1.30pm	Cervical Cancer Screening
2pm	Weight & Physical Activity
3pm	Women's Wellness

## KEEP MOVING

Watch or take part in these exercise taster sessions, in the Main Hall:

1pm	Zumba
1.30pm	Seated Yoga
2pm	Flow Yoga
3pm	Exercise at home
3.30pm	Legs, bums, and tums
Outside	Walking Football

## INFORMATION STANDS

In the Main Hall from 1pm

- Active Gloucestershire
- Healthy Lifestyles
- GL Communities
- Parental Relationships
- Diabetes Prevention Programme
- Local Physical Activity Providers
- Wellbeing Crafts
- Cancer Screening & Awareness
- Macmillan Information Hub
- Long Covid
- Social Prescribing