

LIVE AND BREATHE ARSENAL



A FOCUS ON LUNG HEALTH WITH ARSENAL IN THE COMMUNITY



In partnership with NHS England we will be running a Health Fayre in November, focused on maintaining and managing your lung health. **The event will include:**

- ❖ Information on maintaining lung health and assisting with any concerns you may have
- ❖ A variety of free, non intrusive health tests are available
- ❖ Walking Football, Bowls and Strength & Balance taster sessions to try
- ❖ Support and advice from NHS healthcare professionals

EVENT DETAILS

- ❖ Monday 2nd November
- ❖ 11am-1pm
- ❖ The Arsenal Hub, N7 7BA

You can simply turn up on the day. If you would like to book ahead, scan the QR code at the bottom right of this poster



ARSENAL IN
THE COMMUNITY

Scan here to find out
more and book on