



SAVE THE DATES

HEALTH DAYS

Men's Health Day

Friday 13 October 2023

Set up: 9am

Starts: 10.30am

Finishes: 1.30pm

Women's Health Day

Wednesday 18 October 2023

Set up: 9am

Starts: 10.30am

Finishes: 1.30pm

**Both Health Days will be held in Girdwood Community Hub,
10 Girdwood Avenue, Belfast, BT4 6EG**

**To register and request a Booking Form, please contact Pamela
at pamela.higgins@volunteernow.co.uk**