

Trossachs Health Fair

Healthy Life

Healthy Business

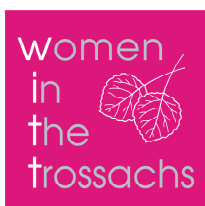
Healthy Community

Saturday 27th February - 10.30am to 3.30pm
Callander Kirk Hall - free entry, drop in any time

Opens with Callander Brass Band and Provost Fergus Wood

**advice and information on balancing your
business, social and family lifestyle choices**

on-the-spot free health checks
advice on stopping smoking & weight loss
free and confidential advice for businesses
how to deal with stress and other health issues
strategies to manage mental health well-being
find out about outdoor activities in the Trossachs
taster sessions for relaxation, music & movement
personal recovery stories, poetry and artwork
find out what support services are available
try out the tasty 'healthy soup challenge'
have fun and try exercising with a Wii
virtual tour of Larbert Hospital
remembrance projects
financial advice
activities for children



For more information please contact sarah-hatton@btconnect.com or lucy@lochlomond-trossachs.org