

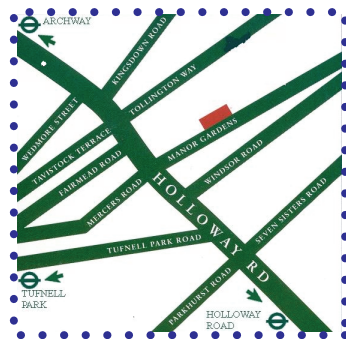


You are cordially invited to the Islington health Trainers Service Launch Event

The Islington Health Trainers Service will provide professional Health Trainers to work on a one to one basis and provide support for people wishing to change their lifestyle habits, and thereby improve their health. This service is funded by NHS Islington and is FREE to Islington residents.

'This scheme is for people who need to make changes to their lifestyle and improve their health'

The launch event takes place on:
Tuesday 12th January 2010
Time: 5pm to 7pm



Buses: 4, 17, 29, 43, 91, 153, 253, 254, 259, 271, 279
Nearest Tubes: Archway (Northern Line)
Holloway Road (Piccadilly Line), Tufnell Park (Northern Line)

Gardens Cafe
Manor Gardens Centre
6-9 manor Gardens
London N7 6LA



Please join us to learn more about the service and share some food and a glass of bubbly. A short presentation about the service will be given at 6pm. There will be free massages available, as well as a range of other activities throughout the event

