

# SPRING INTO WELLBEING

**FREE ENTRY!**

**PORTISHEAD'S HEALTH AND WELLNESS EVENT**

**SATURDAY 2 MARCH 10AM - 4PM**

**THE BEACON HUB, SOMERSET HALL,  
THE FOLK HALL AND THE LIBRARY**



**A fun community wide event with:**

- No cost and low cost ways to improve health and wellness
- Information and advice from over 40 stands
- FREE blood tests. Booking is required via the website - [www.portishead.gov.uk/book-your-my-health-blood-test](http://www.portishead.gov.uk/book-your-my-health-blood-test)
- Music
- Refreshments
- Wellbeing workshops

Scan the QR code for more information

