



SAT 23RD FEBRUARY

Come along to find out more about:

- The surgery's plans to extend
- Carers in Herts
- Patient Participation Group (PPG)
- Over 65's health and wellbeing
- Carer group
- Hearing advice
- Men's health
- Lifestyle advice with blood pressure, Height and weight checks.
- Your blood sugar level – testing available.

10AM TO 1PM

JOIN US FOR
REFRESHMENTS
AND NIBBLES

EVERYONE
WELCOME - NOT
JUST PATIENTS

MEET THE
PPG & MARKYATE TEAM

MENS HEALTH

CARERS IN HERTS

**BAPTIST HALL
MARKYATE**

26 SEBRIGHT ROAD

AL3 8JF