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**Harworth Primary Care Centre**

**Community Day “Health Awareness Event”**

* **Date**: **Wednesday 11 December 2024**
* **Venue**: Harworth Primary Care Centre

 Scrooby Road, Harworth. DN11 8JT

* **Time**: 9am to 3pm

**Harworth Primary Care Centre Community Day “Health Awareness Event”** is committed to strengthening the "Buildings at the Heart of the Community" message by:

**Building Connections:** Fostering a sense of community and belonging among residents through interactive activities and engagement.

**Empowering Wellness:** Raising awareness about health and wellbeing services offered and local providers to empower residents to make informed choices about their health.

**Resource Navigation:** Educating attendees on the available resources within the health centre and signposting them to additional support groups and services in the local area.

**Collaboration for Wellbeing:** Encouraging collaboration between healthcare providers, local charities, community organisations, and residents to create a comprehensive network of support for overall wellbeing.

**Interactive and Informative Experience:** This event will be a vibrant and informative space for residents to connect, learn, and access the resources they need to live healthier and happier lives. Participating groups will offer a range of activities, including:

**Educational Resources:** Information on health topics (e.g., nutrition, mental health, exercise) will be available.

**Expert Guidance:** Attendees can receive personalized advice based on their individual needs.

**Signposting Support:** Staff and volunteers will be available to guide attendees to relevant services and resources.

**Engaging Activities:** Interactive and engaging demonstrations (e.g. stress management, skills building, energy saving tips), and free health screenings (e.g., blood pressure readings, cholesterol testing) using on-site digital equipment.

No fundraising will be permitted on the day.

**Donations of fruit are welcomed to build our very own “Fruit Mountain”** – the fruit collected will be available to all attendees, staff, patients and visitors to eat during or after the event.

We invite you to join us for a day of community building, health awareness, and fun!