



# HealthFest

Saturday 16 June • 11am-3pm

## OUTSIDE THE HOWARD CENTRE

**Come to the Health and Wellbeing Festival in Welwyn Garden City town centre.**

Free fun activities for all the family. Helping to raise awareness of the many things that contribute to being healthy, keeping well and feeling good.

For all the info on **HealthFest** visit [www.welhat.gov.uk/healthfest](http://www.welhat.gov.uk/healthfest)

## FREE

- Interactive stalls
- Sports tasters for all ages
- Fun and games
- Live music and dance
- Help and advice

*Plus lots more!*