

# Community Health & Wellbeing Day

Come along to the Civic Offices and find out how your Council supports your physical and mental wellbeing

**FREE EVENT**

**Monday 11  
October 2021**



**3:30pm - 5:30pm**

## **Come along and play**

Arts and Crafts, jumbo party games and activities for all the family inspired by Epping Forest District Museum's latest exhibition Game Plan: Board Games Rediscovered.



**6.00pm – 8.00pm**

## **Create and be active**

Adult health and wellbeing activities including floral art, crafts, low impact exercise classes and more.



### **Find us on social media:**

Facebook.com/EFDCcommunities  
Instagram.com/efdcsports  
Twitter.com/efdcsports  
Facebook.com/efdmuseum  
Twitter.com/efdmuseum  
Instagram.com/efdmuseum

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