



Come and celebrate with us

**Volunteer Celebration
and
Community Event
for South Asian women**

****LADIES ONLY****

**Thursday 4th April 2019
11.30AM – 2.30PM**

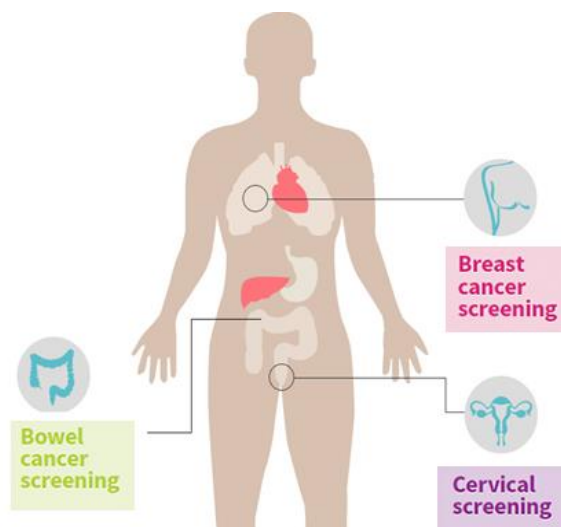
**CommunityWorks, Undercliffe Lane,
Bradford, BD3 0DW**

Join us in the celebrations!

**For more information and to book
your place email or text Nisa/Daisy:
communityhealthchampion@bradford.ac.uk**

07867982062

****PLACES LIMITED****



Learn about cancer signs and symptoms

Ask us about the screening options available and any concerns you may have about screening



Enjoy: stalls, craft activities, free food and refreshments



**Stop
smoking**



**Eat
well**



**Drink less
alcohol**



**Keep
active**



**Stay safe
in the sun**

Talk to professionals about health and wellbeing