

Health Event

A focus on seniors & carers

9:15am - 2:30pm **Tuesday 24 Feb 2026**
Emmanuel Church, High Street, Northwood HA6 1AS



To book your place simply point your smartphone camera & press on the link!

BOOK YOUR PLACE!!



TALKS

ACTIVITIES

STALLS



- ★ Age UK ★ Hillingdon Council
- ★ H4All ★ Carers Trust, Hillingdon
- ★ Stay Active 4 Life ★ Parkinson's UK
- ★ Harlington Hospice ★ more...

9:00 am Welcome & stalls

9:30 am Cold weather + medicines *Dr Sabby Kant*

10:00 am *Boccia Session Michael Geraghty, Hillingdon Council*

11:00 am Community Champions & volunteering *H4All*

11:30 am The NHS App *H4All*

12:20 pm *Zumba Gold Stayactive4life*

1:00 pm *Strength & Balance session Stayactive4life*

1:40 pm Falls & Frailty *Sarah Durner, Hillingdon Council*

2:30 pm Close

