

# Healthy lifestyle clean inside & out

## HEALTH SEMINAR TOPICS:

- SUGAR FREE
- SMOKE FREE
- DRUG AWARENESS
- HEALTHY EATING
  
- cooking demonstrations
- fun & games
- Juice therapy
- Blood pressure & weight checks
- And much more!!!



8th July 2007

1.00pm - 5.00pm

Admission free

Phoenix Hall  
United Reformed Church  
139 Muller Road  
Horfield  
Bristol BS7 9RB

For more information call 07800583975  
Email:remnantsda@hotmail.co.uk