

12 April 2018

Press Release for immediate use

¹With both men and women on average living well into their 80s – maintaining good health and wellbeing is a must. The Warminster Health and Wellbeing Fair offers ideas that will inspire and energise your approach to exercise, healthy eating, mental health, stress and anxiety.

Warminster Area Board's Health and Wellbeing group will be hosting a Health and Wellbeing Fair on 28 April 2018. The event will take place at the Civic Centre in Warminster from 11:00am to 1.30pm. The event will be opened with songs performed by "Music for the Mind Singers".

Around thirty stall-holders will be there, providing a range of information and advice. There will be free health checks and demonstrations covering a wide range of health and wellbeing topics.

You will be able to have your blood pressure checked, weight checked, work out your BMI (body mass index) and receive advice on healthy eating and healthy living. There will be free five-day leisure passes, free raffles, free tasters and samples. Key note speakers will kick off the event at 11am along with the Dementia Choir.

Stall holders include Safe and Warm, Age UK, Health Trainers, First Responders, Army Welfare Service, Alzheimer's groups, Independent Living Centre, Prostate Cancer UK, Get Wiltshire Walking, Wiltshire Wildlife Trust, Mobility Works, Carers' Support, Diabetes advice and Warminster Leisure Centre to name but a few.

Warminster's local support groups will also be on hand and these include Cornerstone information and advice centre, Slimming World and the Avenue Surgery.

CLLr Andrew Davis, Chair of Warminster Area Board said, *“There will be something for everyone at the Health Fair. We have over thirty stalls, demonstrations and activities provided by experts and professionals. I hope to see hundreds of people from Warminster and our villages drop in to this free event”*.

Ends

Notes to Editors:

¹ Source -

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/lifeexpectancyatbirthandage65bylocalarea/sinenglandandwales/2015-11-04#national-life-expectancy-at-age-65>

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<http://warminster.ourcommunitymatters.org.uk/news/>