



Health & Housing Roadshow's



Offering specialist advice and support to help improve your health and wellbeing including:

- Stopping smoking
- Weight management
- Homelessness
- Mental health
- Social prescribing
- Money advice
- Housing advice and much more...

Come and join us



Houghton Regis Library

**Wednesday
5th February
10-12pm**

Leighton Buzzard Library

**Tuesday 4th
March
10am-12pm**

Dunstable Library

**Tuesday 22nd
April
1pm-3pm**

In partnership with



Working together to improve the health and wellbeing of our communities