



SMASH
CARE COMMUNITY



Alsager Health and Wellbeing Event

Saturday 27th September

10.00 – 12.30pm

Alsager Civic Centre

**Alsager
Community
Choir
Performing**

**Over
30 different
stalls and
activities
for ALL ages!**

**Café
open**

**Blood Pressure
Checks**

**Demonstrations and
Talks:**

- Tai Chi Balls
- Pilates
- Falls Prevention
- Nutrition Talk
- Talk on loss and gain of strength in adults 65+.





Organisations Attending



- Alsager Dementia Friendly
- Alsager Community Support
- Alsager Stroke Survivors
- Blooming Good Care
- Public Health Team
- Cedars Medical Centre
- Merepark Medical Centre
- CGL
- Dementia Reablement
- Alsager Carers Group
- Healthier Futures Programme
- Market Makers
- CEC Family Hub Team
- Tai Chi Balls – Amber Ho
- Hassall Green Nature Reserve
- Age UK Cheshire
- The Dove Service
- Deaf & Sensory Network
- Cheshire Diabetic Eye Screening
- Health Watch
- Breast Screening Programme
- U3A
- AbilityNet
- Creative Arts
- NHS Cure Team
- Everybody Health and Leisure
- One You
- Alsager Community Choir
- Pilates – Ceri Hewitt
- FIT Therapy
- Alsager Owls Chess Academy
- Crime Prevention Officer
- Carpe Diem Holistic Therapy and Wellbeing
- Right at Home
- Ableworld
- Wesley Place Church
- Neal's Yard Remedies

