



The Calderdale and Kirklees Learning Disability Partnership Boards invite you to

It's my health day

Come along to the 'It's my health' day for a fun, interactive day and the chance to find out what health and well-being services are available to you.



on: Thursday 11 February 2010

**at: The Village Hotel,
Capitol Boulevard West,
Tingley, Leeds
LS27 0TS**



(just off junction 28 of the M62 on the A650)

**time: 10am - 3pm,
lunch at 12noon**



At this event, you can tell us what you think about our services and anything else important to you.

You can also take part in fruit tasting, music and dance, creative arts, physical activity, relaxation/massage and lots of other health promotion activities.

**For more information please contact
Wendy Edgar or Angela Fawcett on 01484 466170 / 466002**