



Health  
Advice  
Recovery  
Resilience  
Information

**Come and meet us on **HARRI** on Saturday 25<sup>th</sup> September  
at Hallgarth Community Centre car park from 10am–12pm  
and Millennium Field, Burneside from 1pm-3pm**

HARRI is our health and wellbeing engagement vehicle, with it we are able to travel around Lancashire and Cumbria to talk with the local communities and individuals.

- We will share our ideas and plans for the future and gain insight into what your needs are.
- We offer simple signposting, advice and guidance to offer the right help at the right time in the right place for you.

On board there will be a mixed group from within the NHS and beyond, which will enable us to offer you a wide range of information on many of the issues you may be facing, including emotional wellbeing, vaccines, bereavement, getting active and much more. The vehicle includes a private consulting area with disabled access.

### **Pop over and say hello to our team**

**Are you worried and just need to talk to someone?**

**Would you like a FREE health check? We can check your blood pressure.**

**Would you like to attend our FREE health and wellbeing courses?**

**Free activities for little ones**

