

Southminster Parish Council presents

Community

Health &

Wellness event

Saturday 14th September 2024

2pm to 5pm

In the Memorial Hall

Local clubs will also be opening their doors.



Would you like to find out more about the Health, Wellness and Social Inclusion in and around your local community?

Our event will showcase what is available in the heart of the community and the Dengie area.



Something for everyone

Talks and demos

All Welcome

Free Entry