

**Come to our**

**free!**

# HEALTH EVENT

**Focusing on colorectal issues, mental health  
and wellbeing, lifestyle and fitness**

**Speakers:**

**Mr Jon Lacy-Colson** (Consultant Colorectal Surgeon)

**Dr Rob Laycock** (GP at The Beeches)

**Dr Ed Jutsum** (GP at The Beeches)

**Ruth Morriss** (Fitness instructor)

**7-9pm on Wednesday 20 March 2019**

**at Christ Church hall**

**Glebe Road, Bayston Hill, Shrewsbury SY3 0PZ**

*Plenty of parking available*

The programme includes refreshments, 20-minute talks by health professionals, stalls run by organisations offering health information (Prostate Cancer UK, Alzheimer's Society, Help2Change, Shropshire Wise and Well (diabetes awareness), Walking Football, Mid-Wales Kidney Patients' Association, Wellbeing and Movement, Shropshire Fertility Services)

**Open to all – we look forward to seeing you!**

**For further details contact The Beeches Medical Practice (01743 874565)**