

BSC MULTICULTURAL SERVICES

# GET FIT AND STAY HEALTHY!

## HEALTH AWARENESS EVENT

WEDS 19<sup>th</sup> FEB 2025 • 11am - 2pm

# MANOR BALLROOM

4 St Margarets Green, Ipswich IP4 2BP



*Join us for your opportunity to:*

- *Discover exciting ways to remain healthy*
- *Learn valuable health and wellbeing strategies*
- *Connect with local resources and support*
- *Get motivated to achieve your health and fitness goals!*

**All are welcome • Refreshments available**

For more information please contact: 01473 400081 / 07932 644466  
or email [mohammed.alam@bscmulticulturalservices.org.uk](mailto:mohammed.alam@bscmulticulturalservices.org.uk)



**BSC Multicultural Services**  
Supporting over 50 nationalities

[www.bscmulticulturalservices.org.uk](http://www.bscmulticulturalservices.org.uk)

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The Queen's Award  
for Voluntary Service

