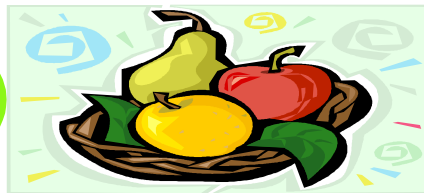
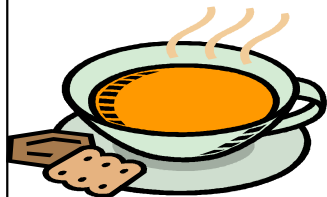


# Your Health, Your Community, Tell us what you want to do with it!



**Impact Meetings** discuss the local Health & Community and what activities can be organised for you to take part in such as 1st Aid, Self Defence & Stress Busting.

The next meeting is on **Wednesday 13th August, 10am, at Stockport Day Centre, Progress House, Adswood Lane East.**



**Free refreshments provided.  
Everyone is welcome.**

Impact groups have been set up in your area, to improve and promote health and you can join in!

It's all free, fun and a great way to meet new people.

Come and have your say. If you have an idea for a health project, we have the funding and

support to get it started. If you are part of a group, come and tell us, we can let others know about it and offer funding.



For any questions about Impact contact Kamey McNamara 477 0246  
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