

# Smokefree North Somerset and We are Super Studios

## Health Promotion Day

Thursday 30 November 2023 (10am - 2pm)

FREE advice and support to help you take control  
of your health this winter

- flu and covid jabs
- addiction support
- stop smoking
- eat well
- Alright my Liver (Liver Testing)
- get active
- mental health
- housing advice
- losing weight
- health walk information and much more

