

Health Awareness Event

Venue: Clubmoor Children's Centre
Utting Avenue East, L11

Date: 22nd January 2010

Time: 10 - 2 pm

Feeling Stressed? ...Want a Massage??

Come along to the health awareness event!

Get information and advice about YOUR health, and have a FREE Health M.O.T.!

- **Fag Ends—Quit Smoking Advice**
- **Advice on Healthy Eating**
- **FREE Health MOTs and Massage Therapy!**
- **Advice from Health Trainers**
- **FREE Beauty Treatments!**
- **Cancer Awareness Bus Information**
- **Relationship and Family Planning Help**

For more information please do not hesitate to contact Lynne on 0151 330 5678



NORRIS GREEN jobcafe *Plus*

Venue: Norris Green Library,
Townsend Avenue, Liverpool
L11 5AF.

Date: 22nd January 2010

Time: 10 - 2 pm

Want Help to Get a Job?

Various partner agencies will be available to offer drop-in information, advice and guidance to help people into work:

JET	Business Link
CAB	CENTEC
Jobcentre Plus	Adult Learning Service
DWP Contract Holders	Connexions
Liverpool Vision	Liverpool Community
Credit Union	College
Entitlement Team	

For more information please do not hesitate to contact John Shaw on 0151 233 4603

