

# WELL-FEST

**12 OCTOBER 3-6pm**  
**MONTGOMERY COURT,**  
**WAINSCOTT**

**A free health and well-being event**

**4.30pm**  
**GUEST SPEAKER**  
**Steve Brown,**  
**Paralympian**  
**former Captain**  
**of GB National**  
**wheelchair**  
**rugby team**

- Healthy eating taste tests - it's not all fruit and veg!
- Kent Sport can help you find a sport you'll love.
- Smoothie bike - make your own smoothie while burning some calories!
- Fun, freebies and more!

**Win a fit bit!**

