

WELL-FEST

10 OCTOBER 3-6pm
STAG PLAZA SEVENOAKS

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!

