



PLEASE JOIN US for our next

# HEALTH & WELLBEING POP UP

Thursday 19th MARCH | 1:15pm - 3pm

## 'Living with Joint Pain: Knees & Hips'

by Bernadette Armstrong

*Advanced Clinical Practitioner, Physiotherapy*

A FREE, informative presentation giving help and advice

1:15pm | *refreshments*

1:30pm | *talk*

2:15pm | *Q&A session*

**Duston Community  
Centre, Pendle Road,  
NN5 6DT**

Please call us to book your FREE place

**Duston Parish Council working in partnership with St Luke's PPG**



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