



Join us for our New Year Better Health event, where you can get support and advice to start 2026 on the right track!

# New Year Better Health

## WHAT'S ON OFFER:



**Health & Wellbeing Checks:** including blood pressure readings, information on improving health, and advice on prevention.



**Energy Advice:** tips to reduce bills and save energy at home.

**Employment:** Job Searching and Networking



**Social Prescribing Assessment:** explore local services and activities that can support your health and wellbeing.



**Introduction to Services:** meet local organisations and find out what support is available in your community.



**26th Feb 2026**



**Bletchley Youth Centre**

**Derwent Dr, Bletchley**

**MK3 7BE**



**11:30am - 1:30pm**

