

HAVERING ASSOCIATION FOR PEOPLE WITH DISABILITIES
Whittaker Hall, 1a Woodhall Crescent, Hornchurch, Essex, RM11 3NN
Phone: 01708 476554

E-mail: admin@hadhaving.co.uk Website: www.hadhaving.co.uk



'H.A.D. on Tour'



Are you adult with a disability and find it difficult to get to our centre?

Then join us in Romford for a Christmas themed event and chat to a Health & Wellbeing practitioner

 <p>Christms Themed 'Treats and Bows' with a show & taste session with Clover from Tesco Stores, Gallows Corner</p>	 <ul style="list-style-type: none">• Health and Prevention• Reduce body weight• Improve eating habits• Increase resillience to stress & anxiety• How to cope better with long-term conditions
---	---

Friday 15th November 2019

11am to 1pm ~ FREE to everyone

**Venue: Havering Volunteer Centre,
32-34, High St, Romford RM1 1HR**



Please call 01708 476554 to confirm your attendance



A registered Charity No: 1089188 Company limited by guarantee
Registration No: 4204554 England Registered office as above

