

# Keeping Healthy and Well in Fife Event



Tuesday  
8th December  
from 12.30pm  
to 3.30pm

Come along and discuss things that affect your health and let us know what would keep you well.

This event is for people who live in Fife. Workers are welcome to attend if you are accompanied by someone who lives in Fife.

**Venue:** New Volunteer House,  
16 East Fergus Place, Kirkcaldy, KY1 1XT  
**Lunch Provided**

**When:** Tuesday 8th December 2015  
from 12.30pm to 3.30pm

To Book or For More information contact Pat

Email: [pat@centreforequalites.org.uk](mailto:pat@centreforequalites.org.uk) Tel: 01592 645 310

*Please let us know if you require any assistance e.g. interpreters, and/or if you have any dietary requirements.*

! book early  
to avoid  
disappointment

**FREE Event**  
Limited Spaces

**Fife Centre for  
Equalities**

Fife Centre for Equalities is a project of Fife Voluntary Action.