

**KMEWO in Conjunction with Highbury  
 Quadrant Primary School Presents**

**Women's Health Event**

**Date : Saturday 17th March 2012**

**Time 10:00am—12:30pm**

**Place : Highbury Quadrant School—Large  
 Hall**



**Health Information  
 Awareness from the  
 Stroke Association**

- Including Blood Pressure check
- Stroke Awareness
- Breast Cancer
- Sexual Health Awareness
- Quitting Smoking

**Different Massages includ-  
 ing**

- Reflexology
- Aromatherapy
- Head Massage
- Foot Massage
- Back Massage
- Positive Energy Management



**Free Healthy refreshments**



**Exercise and  
 Stretching**



**Lots of Pampering**

Look out for more details on  
 Wednesday

**PLEASE NOTE, THIS IS A WOMEN'S  
 ONLY EVENT, WE WILL NOT BE ABLE TO  
 PROVIDE CRECHE FACILITIES SO WE  
 ARE ASKING THAT YOU DO NOT BRING  
 ALONG YOUR CHILDREN ON THIS OCCA-**