

*You are invited to:*

# **BCHC Charity's Winter Wellness Event**

From 10:00am - 1:00pm,  
on Wednesday 7th January 2026

**Shard End Wellbeing Centre,  
170 Packington Avenue, Shard End B34 7RD**

Please join us in the Dance Hall for lots of helpful information from your community NHS teams about how you can stay well this winter. Including falls prevention, tips for energy saving and keeping warm, and much more.

There will also be music, and you are welcome to enjoy free tea and coffee in the Dining Hall.

*We look forward to seeing you there!*

Contact us: [bchc.charity@nhs.net](mailto:bchc.charity@nhs.net)



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