

**NHS**

Dudley Integrated
Health and Care
NHS Trust

It's All About You

Free Health Event

**Venue: The African Caribbean
Community Centre,
5 Abberley Street, Dudley, DY2 8QY**

**Date 30th September 2023
Time 12:00pm until 4:00pm**

**BLACK
HISTORY
MONTH**

Have you ever wanted to take charge of your health and well-being but don't quite know where to start?

Join us for our Black African Caribbean Community Celebration event and welcome the start of Black History Month.

Our celebratory day will include:

- Black African Caribbean healthy food
- Entertainment for all ages
- Activities for all ages including an exercise class, dominoes, arts and crafts.
- Talk to professionals on a number of issues including cancer screening, kidney disease, health coaching, cost of living and much more
- Health checks to see how healthy your blood pressure, heart and cholesterol levels are.
- Hear from your local Diabetes Ambassador, Tony Kelly with his inspiring story of living with diabetes and taking control of his own health.

**[Click here to book your place](#)
or contact 07471 711006**