

# Chai & Chat



WELCOME  
TO ALL



with Calderdale Cancer Aware

A group which welcomes community members to come together and discuss any issues they may face in their day to day lives.

There will also be a member of Springhall Group Practice available who is able to discuss and book bowel and cervical screening.

Every 2 weeks we will have a different health focus, ranging from menopause and breast care, to healthy eating and lifestyle.

**1 pm - 3 pm**

**Every Monday**

Apna Staying Well Hub,  
Hanson Lane Enterprise Centre,  
HX1 5PG

