



# Coastal Health Improvement Programme



**Healthy Road Show coming to your area**

**Bridlington Park & Ride  
(Nr Southcliffe Caravan Park)**  
13/14th July & 10th/11th August

**Northfield (Withernsea)**  
20th/22nd July

**Long Beach Caravan Park**  
3rd August

**Patrinton Church Car Park**  
4th August

**Aldbrough Caravan Park**  
27th July

**The Events will start  
from 10am - 4pm and  
open to everyone!!**

**The event will include  
Health Checks, Healthy  
Eating, Physical  
Activity and lots more!**

**Sessions are free and  
friendly so come along  
and join in!!**

**More information please contact the Coastal Health Team  
on 01964 614316 or 01262 400177**