

Minority Ethnic Communities (MEC) Health Fair 2024



Building Healthy Communities Starts with You!



10am- 3pm
16
 October
Cardiff City Stadium
 Leckwith Road Cardiff, CF11 8AZ



Health Checks

BMI, blood pressure, heartbeat and diabetic eye screening with advice from health professionals



Workshops

Exercise taster sessions such as Yoga and support on accessing the new NHS Wales App



Information

Over 60 Stalls from various organisations and a Q&A session with health professionals



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