

# FREE HEALTH MOT DAY

## FOR AFRICAN, ASIAN AND MINORITY ETHNIC COMMUNITIES

At your local Health MOT Day, we will provide health information and advice, check-ups, light refreshments and take home gifts.

Its a drop-in session, no appointment is needed!

### Services offered:

- \* Information and advice on diabetes, mental health and other conditions
- \* Check-ups for blood pressure, blood sugar and blood borne viruses
- \* Practical advice on finance, immigration, housing and more!

### When:

Thursday 23rd May  
2024, 11am-3pm

### Where:

Aberdeen Arts  
Centre, 33 King St,  
AB24 5AA

### For more information,

scan the  
QR code



Or contact us on  
**077 1904 3744**

### Organised by:



Waverley Care is Scotland's HIV and hepatitis C charity  
SCIO No. SC03650