

*New Wokingham Road Surgery PPG Presents*

## **What Can Crowthorne Do For You?**

### **Check Out Your Health and Wellbeing**

**Tuesday, 8th April 2025**

**7:00 PM - 9:00 PM**

**The Morgan Centre, Wellington Road  
Crowthorne, RG45 7LD**

**Guest Speakers**

**7:30 PM - 8:30 PM**

**Stands to explore and learn more from**

**Free Tea and Coffee**

*Need Someone  
To Talk To*

*Don't Know  
Who To Turn To*

*Where Do I Go  
For Help &  
Support?*

*I Don't Need To  
See A GP*



*Lacking In  
Confidence*

*Social Isolation*

*Transportation  
Issues*

*How Will I Get  
There?*

**There are many times in our lives when we need someone to talk to for extra support, but we might not know where to turn to or whom to ask for help, especially if transport is a problem.**

**Understanding available community resources is crucial for both physical and mental wellbeing.**

**All Crowthorne Residents Welcome**