

# Powys County Council & Powys Teaching Health board

## Community Wellbeing Events

PCC and PTHB Joint Health Protection Team are hosting *Keeping Healthy in Powys* events this autumn. The Keeping Healthy in initiative is about improving the health and wellbeing of Powys residents by connecting communities with local services and resources. We welcome you to join us.



These free, drop-in events aim to:

- Raise Awareness of health and wellbeing services available to local needs.
- Strengthen Community Connections through collaboration and networking.
- Empower Individuals with the choices and support to lead healthier, more fulfilling lives.

*If this event is for you sign up!*  
*Tables provided for all organisations*  
*Bring your own resources and any interactive elements for attendees*

### Who will Attend?

Anyone from all age groups are invited – individuals, families, carers, and professionals – especially those interested in learning more about local health and wellbeing services.

To sign up contact  
[healthprotection@powys.gov.uk](mailto:healthprotection@powys.gov.uk)  
or call 01597 827306

Join us!

### Where will we be?

Y Plas Machynlleth SY20 8ER	Wednesday 8 October 10.00–14.00
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Hafan yr Afon Newtown SY16 2NH	Friday 24 October 10.00–14.00
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St Mary's Church Brecon LD3 7AA	Wednesday 12 November 10.00–14.00
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[en.powys.gov.uk/wellbeingevents](https://en.powys.gov.uk/wellbeingevents)



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