

# Hub Connections

## Community Event on Self-Care

February 27th 2025 |  
11.15am to 2.15pm

Enjoy a complimentary lunch at 1:40 PM



# Welcome

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DR CLARE STEPHENS



Barnet Wellbeing Service

# CB Plus Barnet Primary Care Group

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MARGARET SINGER



Barnet Wellbeing Service

# Let's Test Our Knowledge!

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COLIN PARTLET



Barnet Wellbeing Service

# Let's Talk Vaccinations

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DR JOANNE YONG



Barnet Wellbeing Service

# Exercise Session

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ANGELO PIGNONE



Barnet Wellbeing Service

# Your Local Health Team

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JOHN PRITCHARD



Barnet Wellbeing Service

# Comfort Break

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Please visit the stalls and  
enjoy light refreshments!



Barnet Wellbeing Service



# Update from Barnet Wellbeing Service

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JULIE PAL



Barnet Wellbeing Service

# Understanding Your Blood Pressure and BMI Numbers

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MR SILA SYLVESTER & CB PLUS  
BARNET PRIMARY CARE GROUP



Barnet Wellbeing Service

# Signs and Symptoms of Cancer

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DR ZAREENA CUDDIS



Barnet Wellbeing Service

# Quiz Answers Revealed!

Lets see how we did...

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MR COLIN PARLETT



Barnet Wellbeing Service

# Help us improve future events – fill out the Event Evaluation Form!

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# Wellbeing Session

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MERIDIAN



Barnet Wellbeing Service

# Enjoy a complimentary lunch – visit the stalls!

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DR CLARE STEPHENS



Barnet Wellbeing Service

# **Thank you for joining us! Have a safe journey home.**

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**JULIE PAL – CEO CB PLUS**



Barnet Wellbeing Service



# CONNECT WITH US

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