

HEALTH ACTION DAY 2026

Your health. Your community. Your day.



Thursday
17 September 2026



11:30am – 3:00pm



Butts Farm, Norman House,
Saxon Avenue, Hanworth,
TW13 5LZ



FREE • FAMILY-FRIENDLY • OPEN TO ALL

SOMETHING FOR EVERYONE



Health and
wellbeing
advice



Local
support
services



Activities
for all
ages



Food and
refreshments



Community
stalls and
information



Opportunities
to meet local
organisations



KNOW YOUR NUMBERS

Take a moment for your health.
Find out more about knowing
your key health numbers.



STOPTOBER

Thinking about quitting smoking?
Meet the team and find out about
free support to help you quit.

**FREE ENTRY
EVERYONE WELCOME!**

Pop in, find out more and
take steps towards a
healthier you.

Healthy
Hounslow

