

## What's on in October at the Healthy Hub

**NHS Health Check**

**Thursday 5 October 2023**  
**Appointment required**

**World Menopause Day**

**Wednesday 18 October 2023**  
**Video promoted on Three Rivers  
District Council social media**

**Compassionate Café**

**Thursday 19 October 2023**  
**12:00pm - 14:00pm**

**Diwali Craft & Culture**

**Tuesday 24 October 2023**  
**13:00pm - 15:00pm**

**Three Rivers District Council  
Housing Advice Service / Thrive  
Homes Visit**

**Thursday 26 October 2023**  
**13:00pm - 15:00pm**

**Black History**

**Thursday 26 October 2023**  
**12:00pm - 14:00pm**

