

Asthma After School

Growing up
healthy with
asthma



Match tickets &
stadium tour
PRIZE DRAW

Parkview Centre for Health

56 Bloemfontein Road W12

Flu clinic

GP reviews

School nurses

Inhaler technique

Weds Nov 1st

2-5pm

All welcome



SMOOTHIE BIKE

Come and talk to us about what
help you need to stay healthy

Preventing
winter flares

Can I do sports?

16:15 Onwards- Prize Draw
Youth Workers
Mobile Apps

When to use
inhalers?