

RHCW STAND EVENTS



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RURAL HEALTH AND CARE WALES

**MON
20th**

10am - 12pm

STUDYING MEDICINE AT SWANSEA UNIVERSITY

Hear about the different routes to study medicine at Swansea University & learn how to measure your heart rate.

Free blood pressure checks will also be offered!



2pm - 4pm

RURAL TRANSPORT REVIEW

Learn more about RHCW's Review of Ceredigion's Community Transport.

**TUE
21st**

10am - 12pm

WELLBEING WORKSHOP

Join us for an interactive session on the importance of maintaining your wellbeing.



2pm - 4pm

DEMENTIA FRIENDLY MID WALES

Learn more about our review of Dementia support across Mid Wales.

**WED
22nd**

10am - 12pm

RHCW STAKEHOLDER GROUP

An invitation to Stakeholder Group members, and beyond, to join us for a refreshment and a chat.

**THU
23rd**

10am - 12pm

STRONG COMMUNITIES, HEALTHY FUTURES

Pop in during our interactive session on the importance of building thriving rural communities and the launch of the Sustainable Communities Toolkit.



Children's Colouring Competition!

Free refreshments!



Rural Health and Care Wales - Tel: **0300 430 7983** - Email: **contact@ruralhealthandcare.wales**
Website: **<https://ruralhealthandcare.wales>**