

# FREE Health & Wellbeing Check

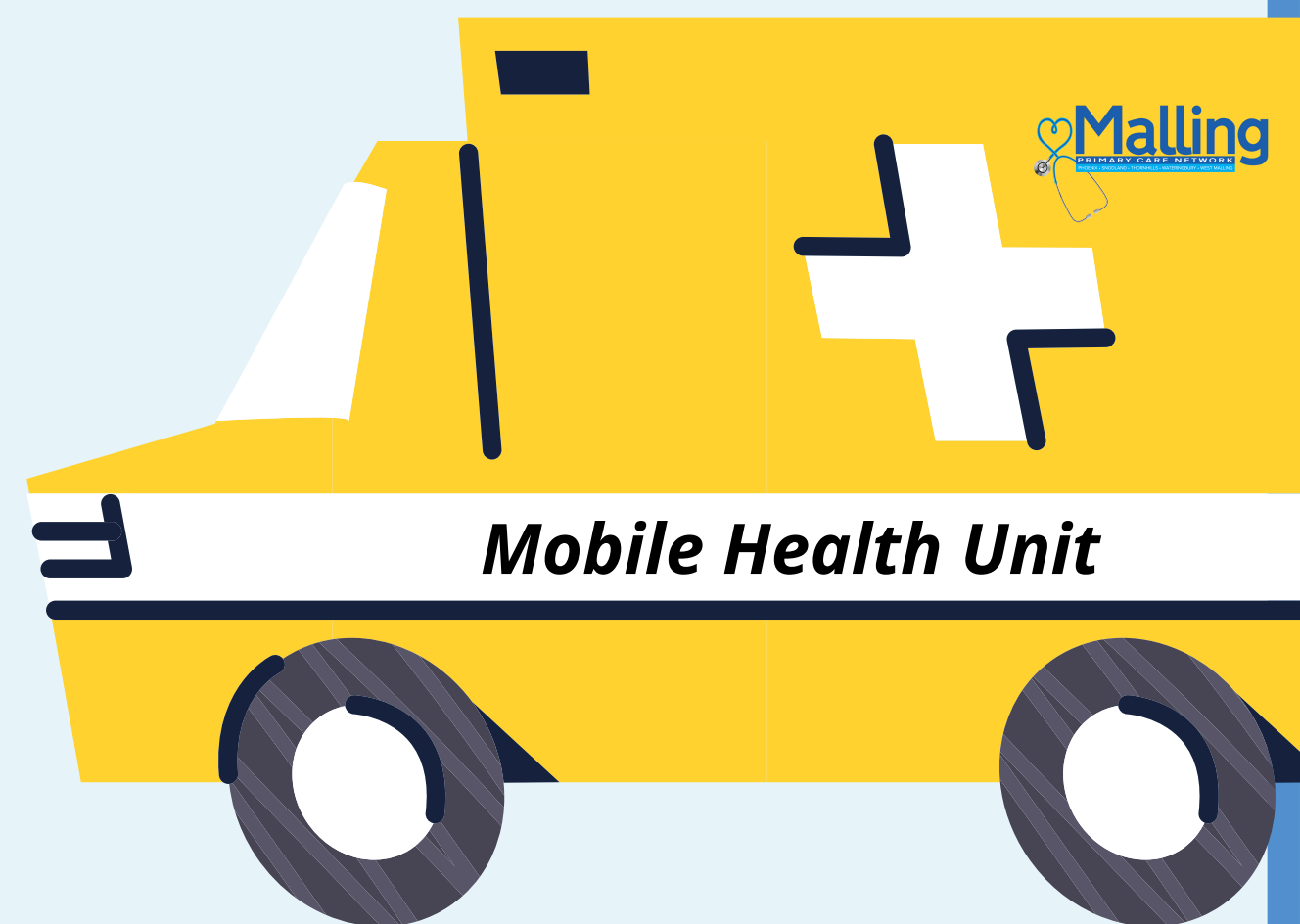
**Tuesday 12th July & Tuesday 9th August**

Outside the Phoenix Surgery, 33 Bell Lane  
Rochester ME1 3SX

Take the opportunity to chat to us about any health concerns and receive a full health MOT in our community ambulance.

## Health Checks include:

- BMI
- Blood Pressure
- Cholesterol
- Blood Sugar
- Diet & exercise advice
- Smoking & Alcohol Reduction
- Support with social issues that may be impacting on your wellbeing



**Walk In 10am to 1pm**  
**Open to ALL**