

# FREE Health & Wellbeing Check

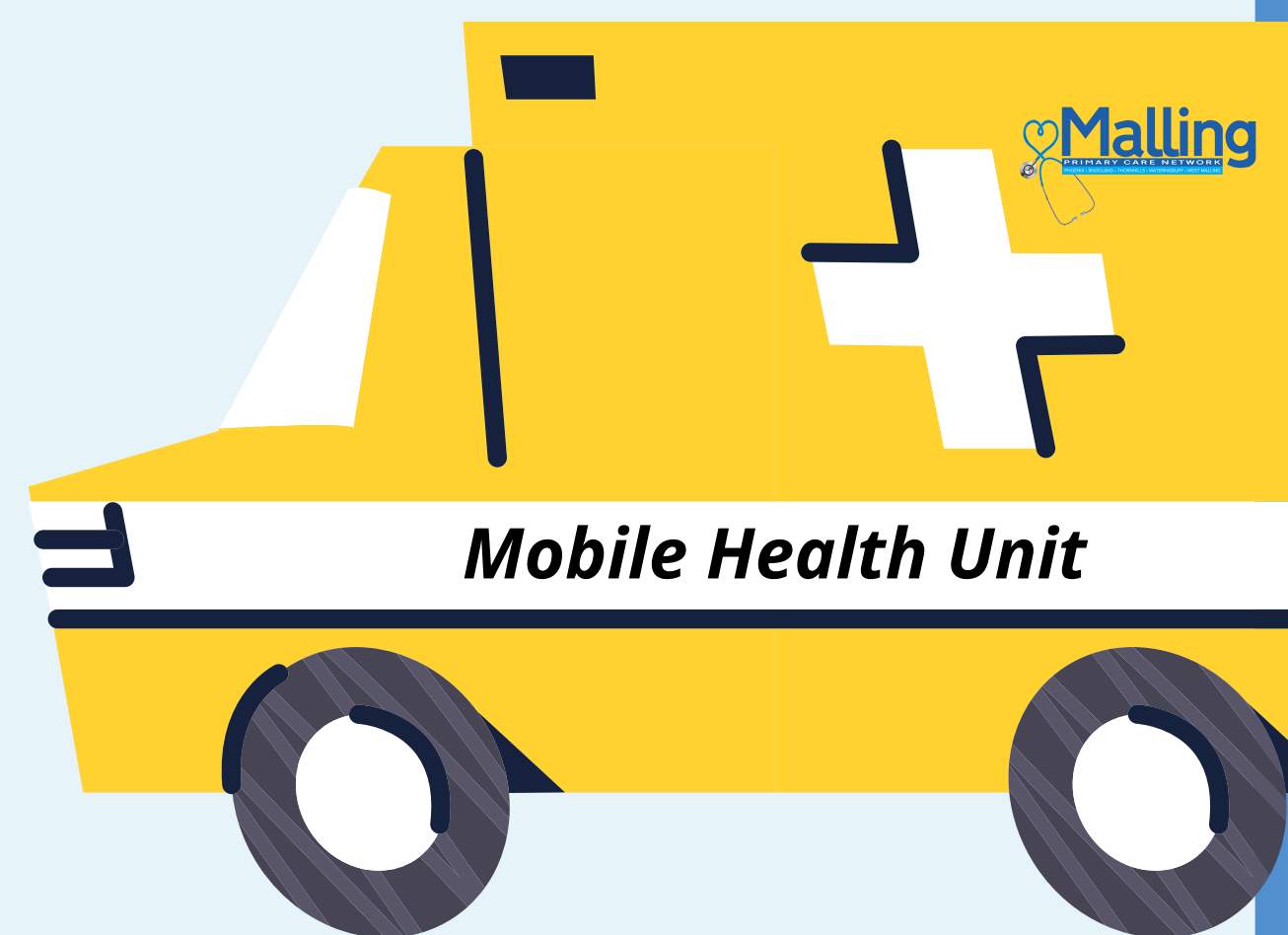
**Tuesday 13th September**

**Outside the Phoenix Surgery, 33 Bell Lane,  
Burham 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**