



NHS

Providing NHS services

FREE Health & Wellbeing Check

Tuesday 11th October

**In the Village Hall overflow car park, Rochester Rd,
Burham, ME1 3SH**

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