

FREE Health & Wellbeing Checks

Friday 14th April, Friday 12th May, Friday 9th June

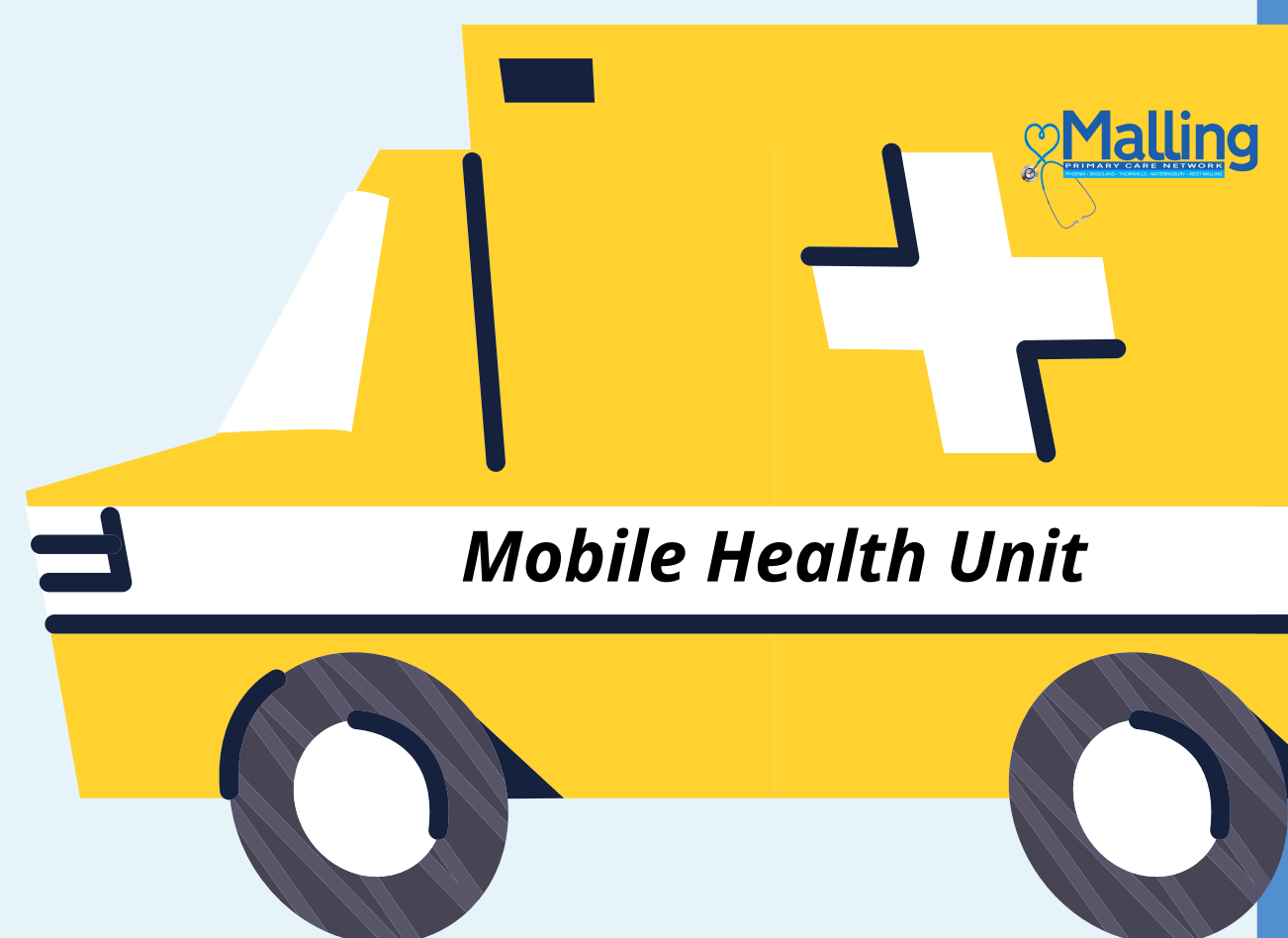
10am to 1pm

**At Burham Old School Community Hall,
1 Bell Ln, Burham, ME1 3SY**

Take the opportunity to chat to us about any health concerns and receive a full health MOT. Health checks will be done in the warm of the hall but look out for 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



Simply walk in, no appointment necessary
Welcome to all 18+