

FREE Health and Wellbeing Check

For patients at: Thornhills, West Malling, Wateringbury, Phoenix or Snodland GP Surgery.

Wednesday 25th September 2024

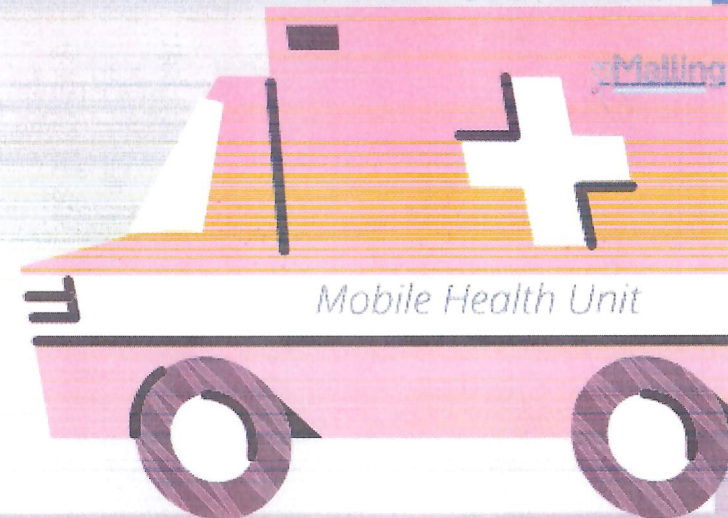
Village Hall Overflow Car Park, Rochester Rd, Burham, Rochester ME1 3RJ

10AM - 1PM

Available for patients 18+

Take the opportunity to chat to us about any health concerns and receive a full health MOT. Health Checks include:

- BMI
- Blood Pressure
- 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