

FREE Health and Wellbeing Check

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

Tuesday 26th November 2024

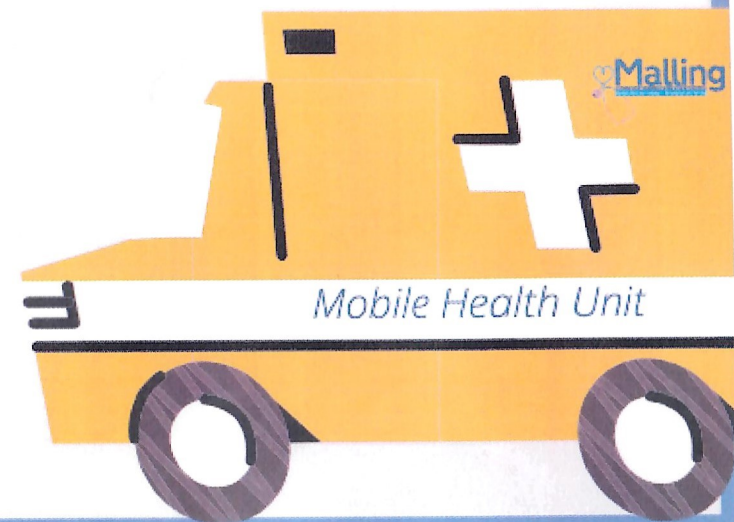
Burham Parish Council, The Parish office, Rochester Rd, Burham ME1 3RJ.

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
- Heart Rate
- Diet & exercise advice
- Smoking & Alcohol Reduction
- Mental Health Support
- Support with social issues that may be impacting on your wellbeing



Simply walk in, no appointment necessary