



HEART HEALTH

GENERAL WELL BEING SUPPORT GROUP -
WEIGHT LOSS SUPPORT

WEIGHT AND BLOOD PRESSURE CHECKS



Drop in – 10:30am - 12:30pm
3rd Thursday of every month

Post-Grad' Centre (opposite canteen)
Crawley Hospital, West Green Drive

**CHAT WITH OTHERS TRYING
TO ACHIEVE SAME GOALS.
PICK UP INFORMATION. SHARE TIPS
AND THINGS THAT WORK WELL.**

FOR MORE INFORMATION, PHONE 01293 600300 ext 3993