

Healthier Lifestyles Hubs



FREE Health Events



Healthy Eating Advice, Health Checks inc Blood Pressure, BMI, Weight Management

Dates	Tuesday the 22nd May, 19th June 2018
Time	10.30am – 12.30pm
Location	Arun Court, 12 Howard Rd, London SE25 5DD (+ Exercise)

Dates	Thursday 10th May 2018
Time	10.00am -12.00pm
Location	Fieldway, Fieldway Community Centre, Fieldway, CR0 9DZ

Dates	Thursdays the 24th May, 28th June, 26th July 2018
Time	1.30pm-3.30pm
Location	Norbury Library Beatrice Avenue, London SW16 4UW (+ Exercise)

Dates	Tuesdays the 5th June, 3rd July, 7th August 2018
Time	1.30pm – 3.00pm
Location	Purley Fire Station, 128 Brighton Road, Purley CR8 4DB (+ Exercise)

Dates	Tuesdays the 17th July, 11th September 2018
Time	11am-12.30pm
Location	CVA, 82 London Road, West Croydon CR0 2TB (+ Exercise)

Dates	Monday 21st May 2018
Time	9.30-10am,11-11.30am, 1pm- 2pm
Location	Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH

Dates	Tuesdays 12th June, 10th July, 14th August 2018
Time	11.00am-12.30
Location	Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH (+ Exercise) and free light lunch please book))

Dates	Thursdays 17th May, 31st May, 14th June (11am start for 14th June) 2018
Time	10-11.30am
Location	Selsdon Library Addington Road, Selsdon, CR2 8LA (+ Exercise)

Dates	Friday 1st June
Time	1.30 – 2.30pm
Location	Sanderstead Library Addington Road, Selsdon, CR2 8LA

Dates	Fridays 18th May, 22nd June 2018
Time	1.30pm – 3.00pm
Location	Shirley Community Centre, Shrublands Avenue, CR0 8JA (+ Exercise)

'Healthier Lifestyles for Healthier Communities'

Tel: 020 8683 7104

Email:healthierlifestyles@AgeUKCroydon.org.uk

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