

IMPROVE YOUR HEALTH

visit

THE WELLBEING HUB

at 59 Church Street, Enfield, EN2 6AN

(opposite Enfield Town Library)

Opening hours: Monday 10am-3pm, Wednesday 10am-3pm and Friday 10am-3pm.



Enfield Council Health Trainers and Health Champions will be available to offer free confidential advice and support to help you to:

- eat healthier
- stop smoking
- be more active
- job search support
- lose weight



For more information please call 020 8379 2515
or find out more at

www.enfield.gov.uk/HealthyEnfield

