

Healthier Lifestyles Hubs

Scratchley Hall, Age UK Croydon,
81 Brigstock Road, CR7 7JH
Fridays 29th April, 13th May, 27th May,
10th June, 24th June 2016
11am-1pm



Weight management to support over and under weight



Health checks to support existing conditions



Healthy eating advice and free snacks which may prevent illness or support existing conditions



Exercise taster sessions/talks

Enjoy a free social get together, chat, draw, play board games, have some food and drink, join in activities and feel better in mind and body. Why not make a day of it and stay on for a sandwich and a game of bingo!

For more information, contact:
Julia or Jane (Age UK Croydon) 020 8683 7101 / 7102
Healthier Lifestyles for Healthier Communities