



Working together to achieve better health and quality of life for our community

Health & Wellbeing Event



Friday, 19th January 2024

At The Salvation Army
66 High Street, Thornton Heath, CR7 8LF

Free Event

Open to Everyone

Drop in anytime between 4 pm to 7 pm

What's on

- ✓ Free Health checks (blood pressure, weight, height, etc.)
- ✓ Walk-in Service + talks from local charities & national organizations
- ✓ Lived experience: "My personal H&WB journey"
- ✓ HEALTHY EATING TALK - Community Dietitian

For Info

Luciana, vgc.1th@nhs.net or SMS 07704560397

