

KNOW YOUR NUMBERS & HEALTHY LIVING WORKSHOP

**Join us for a special health-focused workshop offering
Blood Pressure Checks & Info on a Free Healthy Weight
Management Course**



Monday 1 September from 10am to 12 noon



**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



Why attend?

- Check your blood pressure and understand what it means.
- Get your BMI measured and receive expert tips on healthy living and weight management.
- Learn more and sign up for a free 12-week programme run by Enable to help you reach your health goals.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

Service delivered by:



Incorporating Bromley Scope

Funded by:



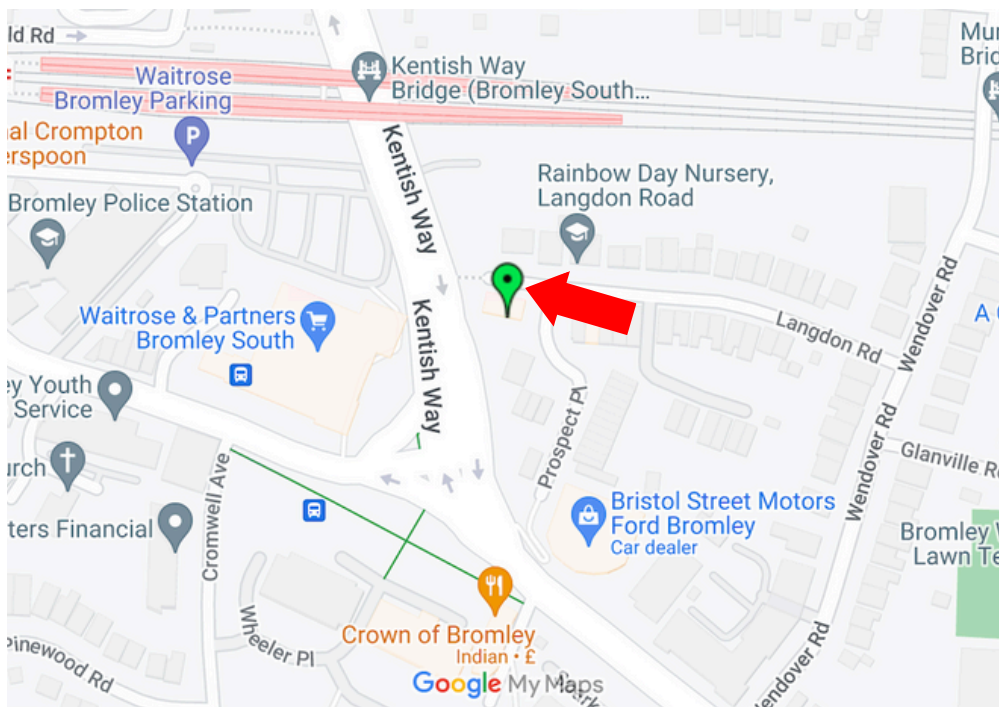
South East London

Map and directions

Bromley Scout Hut/Shop, 15 Prospect Place, Bromley, BR2 9HL



The Bromley Scout Hut is a short walk (about 7 minutes) from the Bromley Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.