

'KNOW YOUR NUMBERS' WORKSHOP

Join us for a health-focused workshop offering free blood pressure checks and information on healthy living



Thursday 10 September



10am to 12 noon



**Bromley Mencap,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG**



Come along to have your blood pressure checked and your pulse checked. These quick checks can help you understand more about your health.

You can also find out more about stopping smoking, weight management and other wellbeing support.

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

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

Service delivered by:

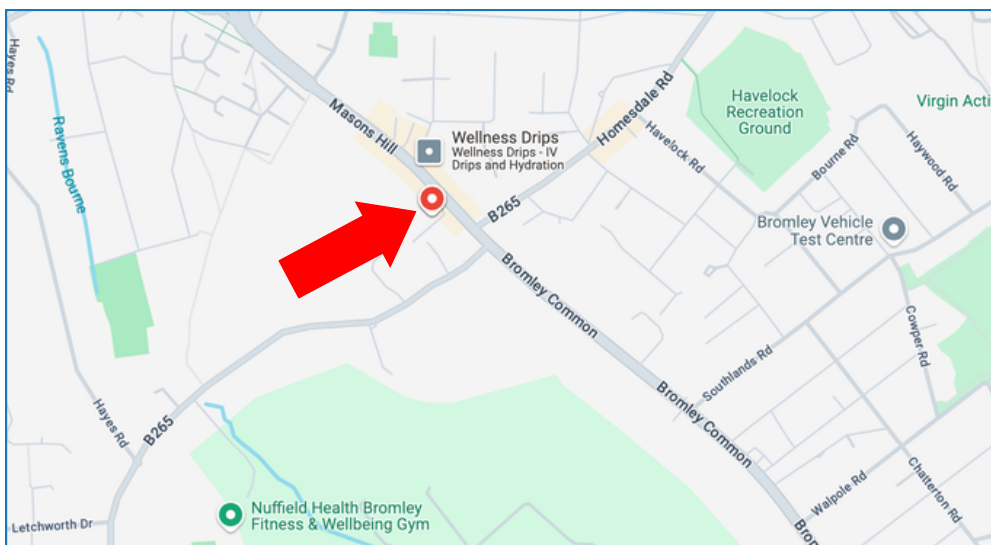
Funded by:

Map and directions

Rutland House, 44 Masons Hill, Bromley, BR2 9JG



We are located at the rear of the Bromcom building.
Walk through the alleyway on the right, and you'll find the entrance to the Bromley Mencap training centre at the back.



Map data © Google



By Bus: Masons Hill is just outside Bromley town centre and on the main A21 bus route. Buses 61, 208, 261, 320, 336, 358 stop close by.



By Train: Bromley South is the closest train station.



By Car: There is no access to car parking at our office and there is limited on-street parking with a number of restrictions.