




**NEW DATES
IN
BECKENHAM**


Health and Wellbeing Workshops

Want help managing your long-term health condition?

Join us for free workshops that provide support and give self management tips for Bromley residents. Refreshments provided!

- Understanding the symptom cycle
- Eating well & drinking sensibly
- Keeping physically active
- Getting good quality sleep
- Reducing stress
- Managing pain & chronic symptoms
- Advocating for yourself

 **WHERE**
Azelia Hall,
258 Croydon Rd,
Beckenham BR3 4DA
Directions overleaf

 **WHEN**
Weekly starting June 10th 2026
2:30pm-4:00pm

Book your place

Telephone Bromley Well Long Term Health Conditions Team on 07985 444210 or 07399 202313 to book you place, or email us at enquiry@bromleywell.org.uk to find out more and book. You can also book using the QR code

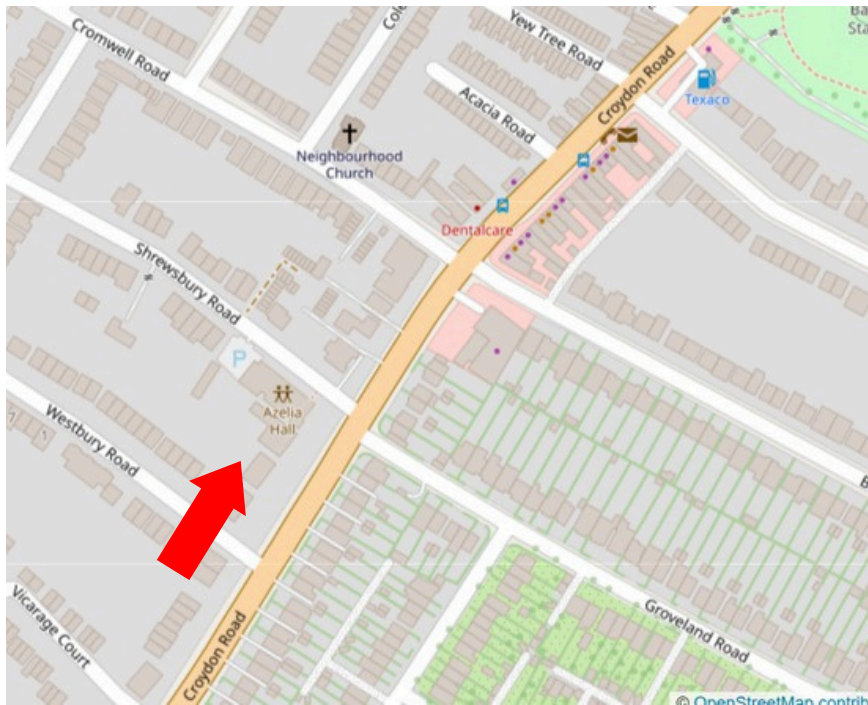


www.bromleywell.org.uk



Map and directions

Azelia Hall, 258 Croydon Rd, Beckenham BR3 4DA



By Bus: Nearest bus stop is Croydon Rd/Cromwell Road, (54, 194, 358), which is a short walk away.



By Car: Azelia Hall has a car park with 11 spaces.