

The Health Improvement Service for Ethnic Minorities (HISEM)

MINI HEALTH CHECK SESSIONS

**at
Wingrove School**

Monthly

- | | |
|----------------------|----------|
| ▪ 28th January 2016 | Thursday |
| ▪ 25th February 2016 | Thursday |
| ▪ 28th April 2016 | Thursday |

From: 8.40 – 9.30 am

Sessions include:

Healthy lifestyle information

- Blood pressure
- BM check (diabetes check)
- Stop Smoking
- Advice on NHS services

**For further information:
Contact: Moriam on 0191 229 2905**