

# **The Health Improvement Service for Ethnic Minorities (HISEM)**

## **MINI HEALTH CHECK SESSIONS at Wingrove School**

### **Monthly**

- |                  |          |
|------------------|----------|
| ▪ 26th May 2016  | Thursday |
| ▪ 23rd June 2016 | Thursday |
| ▪ 21st July 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**