



HEALTH & WELLBEING CLINICS RUN BY NHS HEALTH COACH

**EVERY MONDAY
3:30 – 5:00 PM
VENUE:
KATHERINE ROAD
COMMUNITY CENTRE.**

- **Are you suffering from a long term condition such as Diabetes, high bp, high cholesterol, obesity?**
- **Would you like to talk to a NHS health and wellbeing coach to get more support & advice to manage it?**
- **Would you like to get a health check done?**
- **Would you like to know more about your medication ?**
- **Would you like to know more about what your blood test numbers for the above means?**
- **Are you feeling, low, anxious, lonely or depressed about your health or life in general and want to chat?**

**COME AND VISIT OUR HEALTH AND WELLBEING CLINIC
EVERY MONDAY. NO APPOINTMENT NEEDED**

For more details please contact :Darshana Lathigra

Health coach and Nutritionist Darshanalathigra@yahoo.co.uk

0790539681

**People
Powered
Places**

Newham London

