

HEALTH & WELLBEING WORKSHOP

**Come and get a blood pressure check and ear
check using a camera –see inside your own ear!**



Monday 28 April




11am to 1pm



**Bromley United Reformed Church,
20 Widmore Road, Bromley, BR1 1RY**

After your health check, enjoy some refreshments and stay for our drop-in session from 12 noon to 1pm.
Booking required for the workshop.

Please contact us to book your place.

 **Telephone:** **020 8466 0790**

 **Email:** **caroline.hackett@bromleywell.org.uk or
sue.charles@bromleywell.org.uk**

Service delivered by:



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South East London

Map and directions

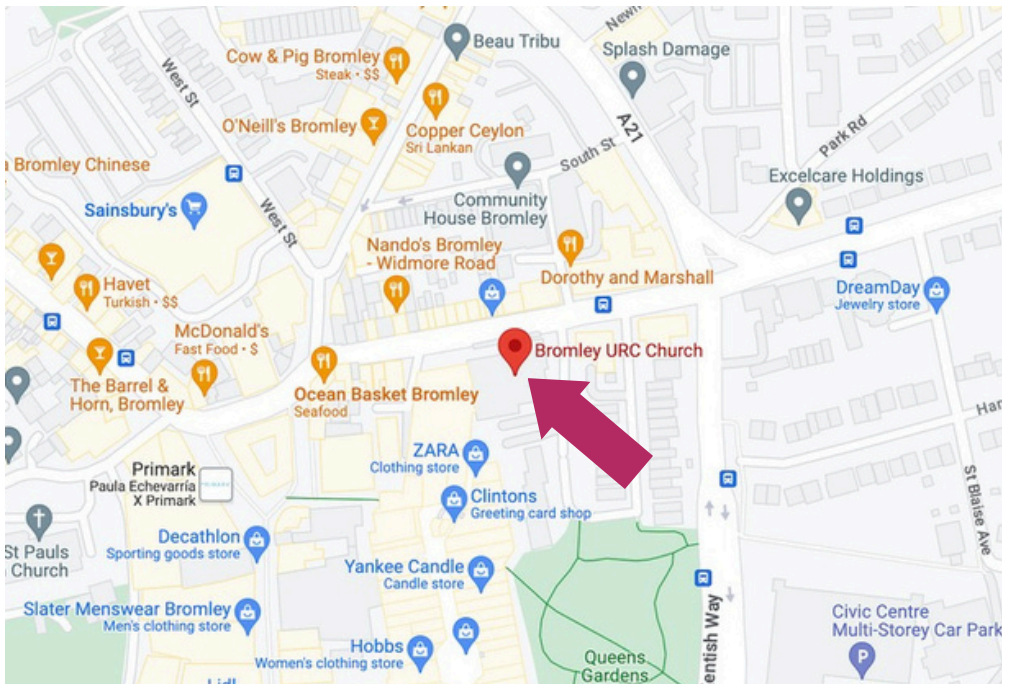
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.