

Bromley Well

Healthy Living Drop-in

To celebrate Self Care Week, we are offering a Drop-in service on Monday the 14th of November.

Our support officers will assist you with a personalised 'Healthy Living Plan'.

I need to know how to start a new exercise routine

I would like to find more interesting healthy eating options

Open from 10am to 12.00
and 1pm to 3pm

Bromley Mencap, Station Rd,
Bromley, BR1 3LP.

For further information, please contact

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