



Healthy You

GROUP SESSIONS WEIGHT MANAGEMENT

COME ON THE DAY. FIRST COME FIRST SERVED

Empowering Your Wellness: From Weight Advice and Nutrition to Stress Relief, Sleep Quality, Habit Building, and Chronic Health Management

SPECIAL LAUNCH EVENT

Including Free Raffle with great prizes

Thursday 25th January 12-3pm
(then the last Thursday of every month from 12-3pm)
Free snack lunch & refreshments

EXTRA STALLS TO HELP ALL RESIDENTS

LAPTOPS AND MOBILES TO TAKE HOME*

COVID AND INFLUENZA VACCINES

HELP WITH YOUR FINANCES

WEIGHT MANAGEMENT

EXERCISE AND MUSIC

MENTAL WELLBEING

HEALTH CHECKS

FOOD RECIPES

FOOD HUB



**Wallington
Wellbeing INT**

The Phoenix Centre, Roundshaw Estate, Mollison Drive, Wallington SM6 9NZ

Working in collaboration with DWP

www.wallingtonint.com

Wallington Wellbeing Integrated Neighbourhood Team

*For the digitally excluded in order to help you access local support,