



Free Drop-in Clinic Women's Health

Friday 12th January

12 - 5pm

Dagenham Learning Centre (Library)

1 Church Elm Lane

RM10 9QS

- Blood Pressure check
- Menopause Advice
- Cervical Screen Advice
- Period Health Advice
- Mental Health Support
- Talking Therapy Referrals
- Healthy Lifestyle Support
- Social Prescribing

**FREE
Hand & Shoulder
Massage**

**Flu & COVID
Vaccinations**



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and future events

Brought to you by:

**East One Primary
Care Network**

NHS

North East London
Cancer Alliance

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Life** Community
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**Barking &
Dagenham**



Aurora Medicare



TOGETHER FIRST CIC
BARKING & DAGENHAM GP FEDERATION

Please note this service is not for emergencies. For urgent assistance, please call 999



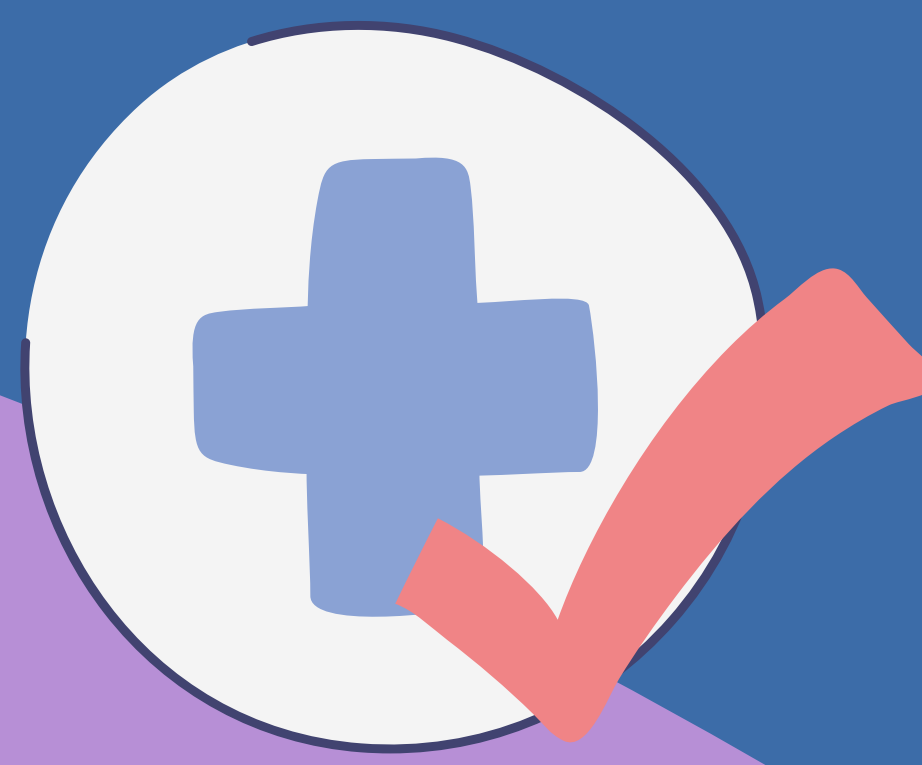
Free Drop-in Clinic Women's Health

- Want to know more on Period Health?
- Have questions about Menopause?
- Worried about the Cervical Smear check?

Drop-in between 12-5pm no appointment needed

Let's Grow Together

**FREE
Blood Pressure
Checks**



**FREE
Supportive
Health chats**

If you would like to be involved in our next event, please speak with one of our event coordinators on the day

