



Dengie and South Woodham Ferrers Primary Care Network

# NHS HEALTHY LIFESTYLE Community Drop-In

Hosted by Dengie & South Woodham Ferrers Primary Care Network  
in partnership with your GP Practice

**CHAMPIONS MANOR HALL  
THURSDAY 30TH APRIL, 10AM – 2PM**

## What's happening on the day?

- Meet our Health & Wellbeing Coach
- Speak with our Social Prescribers
- Learn about exercise referral programmes
- Discover activity and wellbeing walks in your area

## South Woodham Ferrers and Blackwater Leisure Centre

- Active Health Scheme
- Women Time Programme
- My Weight Matters - Weight Loss Support
- Health & Wellbeing facilities overview
- Seated exercise sessions & live demonstrations
- Signposting to local clubs & community groups

## Support from Mid Essex Recovery College

Free Mental Health Courses and Mens Mental Health Presentation

**FREE DROP-IN EVENT – EVERYONE WELCOME!**  
Open to residents of South Woodham Ferrers & the Dengie area  
No booking needed – just come along!  
NHS Health Checks available  
Win a Healthy Foods Hamper  
Come along, meet your local teams, and get the support you need.

