

# get going

## Health & Wellbeing Advice Clinic

Come along to our clinic for:

- Blood pressure check
- Body composition analysis
- Postural assessment
- Health and wellbeing guidance
- Local programme information

You are welcome to drop in on or book an appointment to guarantee time with our health and exercise professionals.

These clinics are FREE to all. To book an appointment please speak to your doctor, surgery receptionist or alternatively contact Willesden Sports Centre Referral team using the details below.

### Willesden Sports Centre

For more info:

Email: [ERCWillesden@1Life.co.uk](mailto:ERCWillesden@1Life.co.uk) Tel: 020 8955 1122



Willesden Sports Centre operated by Willesden Community Sports Ltd and managed by 1Life on behalf of Brent Council.

