



BOOK YOUR FREE NHS HEALTH CHECK



Monthly

1st Tues at Loughton Club, 8 Station Road, IG10 4NX 10-2pm &

1st Thurs at Zinc Art Centre, High St, Chipping Ongar CM5 0AD 11-3pm

We're offering FREE NHS Health Checks, we will also be offering Blood Pressure and BMI checks to people who aren't eligible for an NHS Health Check.

If you meet the criteria and would like to book a free NHS Health Check, please speak to the team at the 3Food4U.



Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia



In partnership with

