



Croydon Heart Town



Croydon Healthy Living Hub
Croydon Central Library
Katharine Street
Croydon CR9 1ET
020 8253 1009

EVENTS IN APRIL AT THE HUB

- Monday 4 April 11.00-12.30pm—Macmillan Cancer Care
- Tuesday 5 April 11.00-1.00pm—Age UK—weight management
- Wednesday 6 April 11.00-12.30pm—Diabetes UK
- Monday 11 April 11.00-2.00 pm—Stroke Association
- Monday 18 April 11.00-1.00pm—Diabetes UK

REGULAR EVENTS:

NHS HEALTH CHECKS—EVERY MONDAY & TUESDAY

TABLE TENNIS – ALL DAY MONDAY & THURSDAY

FREE STOP SMOKING ADVISORY SERVICE—INDIVIDUAL APPOINTMENTS ALL DAY MONDAY & THURSDAY

LOW IMPACT CHAIR BASED EXERCISE CLASS— TUESDAY 11.30-12.15 PM & 12.45-1.30PM (PRE-REGISTRATION REQUIRED)

X-BOX— TUESDAY AFTER 2PM & ALL DAY WEDNESDAY

Love our town ♥ love your heart
www.croydon.gov.uk/heart-town
heart.town@croydon.gov.uk

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