We have a new free community weight management programme for adults in Thurrock who have a BMI above 27.

There is a £5 charge for additional activities which include cookery and physical activity classes.

Locations

Belhus Village Hall
Daiglen Drive,
South Ockendon
Essex, RM15 5EA
Wednesday: 10.30am-12.30pm

The Beehive Resource Centre
West Street,
Grays
RM17 6XP
Wednesday: 6.30pm-8.30pm.

Contact details for enrolment:
Mob: 07985421726
Web: www.nafhealth.org
Email: info@nafhealth.org / fola@nafhealth.org

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