

EAT well, MOVE more, feel HEALTHIER

Thursday 24 May 2018

Two Rivers Medical Centre
30 Woodbridge Road East, Ipswich

1.30pm - 4.30pm

Talks start at 2.30pm

Speakers:

- Dr Skrinchuk, GP at Two Rivers - "The effect of excess weight on the body, and how to eat well"
- Josh Sprague, AHP physiotherapist - "Importance of exercise"



- Supportive, motivational organisations in attendance
- Health Checks - criteria will apply

This event has been organised by the Two Rivers Medical Centre Patient Participation Group (PPG)
www.tworiversmedicalcentre.co.uk

Tea and
coffee
available

Two Rivers Medical Centre