

# HEALTH & WELL-BEING CLINIC

Including blood pressure checks and last chance to get COVID vaccinations this Winter!

You are invited to walk-in to our friendly and confidential health and well-being clinic. This will be an opportunity to discuss your winter wellness. If you are over 16 and eligible, you can have your COVID vaccinations, or your blood pressure checked, or discuss healthy lifestyle choices, and stress management. Members of the Social Prescribing/Health Coaching team will also be available to talk through any questions or concerns that you may have and connect you to sources of support in the community.

## **Where/When:**

**Various locations  
and dates across  
the Island...see  
next page**

## **FREE**

tea/coffee, soup,  
and cake after your  
health conversation

In partnership with your local GP Surgery

# HEALTH & WELL-BEING CLINICS in your area...

<b>Shanklin Methodist Church</b>	Wednesday 10 January 10:30am to 1:30pm	Shanklin Methodist Church Hall, 21 Regent St, Shanklin PO37 7AF
East Cowes Town Hall	Thursday 11 January 10:30am to 1:30pm	East Cowes Town Hall, York Ave, East Cowes PO32 6RU
Ryde Aspire - Main Hall & Café	Tuesday 16 January 10:30am to 1:30pm	Ryde Aspire Main Hall & Cafe, Trinity Buildings, Dover St, Ryde PO33 2BN
<b>Ventnor Town Council Community Centre The Green Room</b>	Thursday 18 January 10am to 1pm	Ventnor Town Hall, 1 Salisbury Gardens, Dudley Rd, Ventnor PO38 1EJ
<b>Sandown Town Council The Broadway Centre</b>	Monday 22 January 10:30am to 1:30pm	Sandown Town Council, The Broadway Centre, 1 Broadway, Sandown PO36 9GG
Freshwater Sports Centre 'Our Place West Wight'	Tuesday 23 January 10:30am to 2:30pm	Freshwater Sports Centre, Moa Pl, Freshwater PO40 9XH
Newport PAN Together	Wednesday 24 January 1pm to 4pm	Newport PAN Together, Downside Community Centre, Furrlongs, Newport, PO30 2AX
Cowes The Apex, St Faith's Church	Thursday 25 January 10:30am to 1:30pm	The Apex, St Faith's Church, St Faith's Rd, Cowes, PO31 7HH
Wootton Community Centre Association	Monday 29 January 1:30pm to 4:30pm	Wootton Bridge Community Centre, Brannon Way, Wootton Bridge, PO33 4NW

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