

# Healthy Lifestyle Drop-ins

GP CARE  
GROUP

LOCAL PEOPLE. LOCAL HEALTH.

Do you have a child in **primary school** in Tower Hamlets?

Would you like some support and guidance around **healthy lifestyle** for your child and family?



**Come and speak** to a member of the **School Health team!** They can help with concerns around healthy eating, physical activities, emotional health, oral health, and more!

**John Smith Family Hub**  
**90 Stepney Way London E1 2EN**

 **9h30-11h30**

Wednesday 22nd November 2023

Wednesday 13th December 2023

Wednesday 24th January 2024

Wednesday 28th February 2024

Wednesday 27th March 2024

Wednesday 24th April 2024

Wednesday 22nd May 2024

Wednesday 26th June 2024



The team is **NOT** able to support with medical queries. Please contact your GP if you have any medical concerns.



To contact the school health team please call **0204 551 1414** or email [thgpcg.schoolnurses@nhs.net](mailto:thgpcg.schoolnurses@nhs.net).

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