

# get going

## Health & Wellbeing Advice Clinic

Come along to our clinic for:

- Blood pressure check
- Body composition analysis
- Postural assessment
- Health and wellbeing guidance
- Local programme information

You are welcome to drop in or book an appointment to guarantee time with our health and exercise professionals.

These clinics are FREE to all. To book an appointment please speak to your doctor, surgery receptionist or alternatively contact the St Albans Sport & Health Development Team using the details below.

**Email: [Maggie.Taleb@1life.co.uk](mailto:Maggie.Taleb@1life.co.uk)**

**Phone: 01727 819253**



St Albans Sport & Health Development Team



Twitterfeed: @stasporhealth



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