

Healthy hub

Three Rivers

Free
support
and
advice

Have you seen what your local Healthy Hub is doing to help people?

ASCEND 39, Oxhey Drive WD19 7SD.

Contact us Monday - Thursday 9am-4pm

- One to one discussion about your emotional health & wellbeing
- Access to information sessions, workshops and activities
- Information and signposting to local organisations and support
- Health and weight management. Direct referral to weightwatchers



For more information or to book an appointment contact
Jane Drury on **07483 104911** or email **healthyhub@ascend.org.uk**
Or visit **threerivers.gov.uk/healthy-hub**