

Health Month January 2018

Healthy Eating Workshop

Wimbledon Library Thursday 11 January, 12-1.30pm

Find out some interesting, surprising and shocking facts about food and drink and how to make healthier choices for your family. Advance booking required.

Healthwatch Merton

West Barnes Library Thursday 18 January, 1.30-3pm

Come and have a chat with them over a cup of coffee.

Mental Health Talk by David Hobbs

Morden Library Friday 19 January, 5pm

A talk about mental health problems associated with isolation and loneliness and the help available in Merton.

Health Advice with One You Merton

Mitcham Library Monday 15 January 10am-1pm

Pollards Hill Library Thursday 25 January 10am – 1pm

Get health advice and mini health checks including blood pressure and weight management.

Healthy Eating Information Session

Raynes Park Library Monday 22 January, 11am-12.30pm

Find out some interesting, surprising and shocking facts about food and drink and how to make healthier choices for your family.