

# MEN'S WELLNESS EVENTS

**Wednesday(s)**  
**11.00am to 13.00pm**

**London Muslim Centre**  
**(Room 305)**

**46 Whitechapel Road, London E1 1JX**  
refreshments will be served

- 07-January-2026
- 14-January-2026
- 21-January-2026
- 28-January-2026
- 04-February-2026
- 11-February-2026
- 18-February-2026

Drop in to one or all 7 GP-led, **FREE**, men's wellness advice sessions (for Muslims and non-Muslims alike) in **Room 305** and find out more about how to keep yourself well this winter, both in body and mind.

The advice sessions coincide with Dr B's chair-based exercise classes for 65+ men and *change each week with different advisors coming along.*

- **FREE health checks and advice** (BMI / blood pressure / blood sugar)
  - 07-Jan-2026
  - 21-Jan-2026
  - 28-Jan-2026
- **Covid booster & flu jabs for eligible patients** (dates as above)
- Weight Management / Healthy Eating & Gut Health / Quit Smoking and Lung Health (various dates)
- Benefit applications advice & pathways to employment (various dates)
- Cancer awareness (various dates)
- **Diabetes management advice** in the weeks leading up to Ramadan

