

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



North East London
Cancer Alliance

