

# Healthy Lifestyle Drop-ins

GP CARE  
GROUP  
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LOCAL PEOPLE. LOCAL HEALTH.

Do you have a child in **primary school** in Tower Hamlets?

Would you like some support and guidance around **healthy lifestyle** for your child and family?



**Come and speak** to a member of the **School Health team!** They can help with concerns around healthy eating, physical activities, emotional health, oral health, and more!

**John Smith Family Hub**  
90 Stepney Way London E1 2EN

 9h30-11h30

Last Wednesday of every month

**Mile end Stadium**

(Rhodeswell Rd entrance)

190 Burdett Road E3 4HL

 9h30-11h30

First Tuesday of every month



Check our  
website for  
more details



The team is **NOT** able to support with medical queries. Please contact your GP if you have any medical concerns.



To contact the school health team please call **0204 551 1414** or email [thgpcg.schoolnurses@nhs.net](mailto:thgpcg.schoolnurses@nhs.net).

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