

Healthy hub
Three Rivers

FREE WELLBEING CHECK

Are you aged 18 or over?

Live in or registered with a GP in Hertfordshire?

Book a free wellbeing check at one of the Healthy hubs in Three Rivers to find out more about your health and how to make healthy lifestyle changes.

Wellbeing checks take just 20 minutes and involve measuring height, weight, waist, blood pressure, pulse rate and carbon monoxide levels.

The wellbeing advisor will give information and advice on the results and any risks of disease.

Scan the QR code

Hertfordshire

THREE RIVERS DISTRICT COUNCIL

Wellbeing Checks are available at your local Healthy Hub:

Mill End

The Mill Cafe,
Methodist Church, Berry Lane,
Mill End, WD3 7HJ

Abbots Langley

Citizens Advice,
High Street,
Abbots Langley WD5 0AS

Rickmansworth

Three Rivers District Council,
Rickmansworth WD3 1RL

South Oxhey

Oxhey Library,
South Oxhey WD19 7AG

To book your appointment chat with our friendly Healthy Hub team:

Call 01923 727239

Email Healthyhub@threerivers.gov.uk

Visit threerivers.gov.uk/healthy-hub

or scan the QR code

All appointments require prebooking at least 24 hours in advance.