Healthy hub
Three Rivers




# TAKE THE FIRST STEP TODAY!

**Free Friendly Support to help you live healthier**

- Support to lose weight
- Mental wellbeing
- Help to quit smoking
- Sexual Health support
- Become more active
- Digital support
- Council services

Just drop in or scan the QR code

Supported by the HS2 Community & Environment Fund

Hertfordshire

THREE RIVERS DISTRICT COUNCIL

## Maple Cross

Maple Cross JMI & Nursery School, Denham Way, Maple Cross WD3 9SS

**Mondays 1pm - 4pm**

## Rickmansworth

Three Rivers District Council, Rickmansworth WD3 1RL

**Alternating Tuesdays 9am - 12noon***

*Visit the website for scheduled dates

## Mill End

Berry Lane Methodist Church, Mill End WD3 7HJ

**Tuesdays 1pm - 4pm**

Mill End Community Centre, Church Lane, Mill End WD3 8HD

**Alternating Wednesdays 9.30am -12.30pm***

*Visit the website for scheduled dates

## Abbots Langley

Citizens Advice, High Street, Abbots Langley WD5 0AS

**Wednesdays 1pm - 4pm**

## South Oxhey

Oxhey Library, South Oxhey WD19 7AG

**Thursdays 9.30am - 1pm**

**Chat with our friendly Hub Team:**
**Call 01923 727239**
**Email Healthyhub@threerivers.gov.uk**

**Drop in for in-person support or find out more online**
**Visit threerivers.gov.uk/healthy-hub**
**Scan the QR code**