



For all your health and wellbeing needs, including signposting, workshops and activities visit: threerivers.gov.uk/healthy-hub

Oxhey Library
Bridlington Road,
South Oxhey WD19 7AG
Every Thursday 9.30am - 5pm

Rickmansworth Food Bank Methodist Church, Berry Lane, Rickmansworth WD₃ 7HJ Every Tuesday 12noon – 2pm



Hillside Community Hub School Mead, Abbots Langley, WD5 oLA Every Wednesday 9am - 5pm

Email: healthyhub@threerivers.gov.uk or call 01923 727239

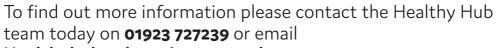






Whether you're feeling isolated, struggling with your mental health or looking for some advice on a healthy, active lifestyle, we're here to support you. We have linked up with a range of services across the district to ensure you have access to the support that is right for you.

- Health and wellbeing advice
- Support to lose weight
- · Help to quit smoking
- Cut down on your drinking
- Become more active
- NHS Health Checks
- Council Tax & Revenue and Benefits support
- Housing advice
- And much more



Healthyhub@threerivers.gov.uk





