

Swindon Health Ambassadors
Your health, your choice



Swindon Health Ambassadors

The Swindon Health Ambassadors can help you with

- healthy eating and working towards a healthy weight
- becoming more physically active
- stopping smoking
- sensible drinking
- improving your sexual health
- reducing stress



Health Ambassadors are based at the following venues every week:

Venue	Day	Times
Pinehurst Library - The Circle	Monday	11.30am - 1.00pm
Broadgreen Community Centre - Salisbury Street	Tuesday	1.00pm - 4.00pm
One Stop Shop, Wat Tyler House - Beckhampton Street	Wednesday	12.00pm - 3.00pm
St Peters Church, Penhill	Wednesday	9.00am - 11.00am
Broadgreen Community Centre	Thursday	9.30am - 11.30am
St Johns Church, Cavendish Square	Thursday	9.00am - 10.30am
Freshbrook Community Centre - Worsley Road	Friday	8.45am - 10.45am
St Peters Church Penhill	Friday	9.00am - 11.00am
Drove People's Campus - Southampton Street	Friday	9.15am - 11.15am
One Stop Shop, Wat Tyler House	Friday	1.00pm - 4.00pm
One Stop Shop, Wat Tyler House	Saturday	please phone number below to arrange a time

You are welcome to pop in for a coffee and a chat about this free service. Six one-to-one sessions available.

For information contact
 Mobile: 07824 868437
 Email: pkent@swindon.gov.uk

