



Harmony House Dagenham CIC
Baden Powell Close
Off Goresbrook Road
Dagenham
Essex RM9 6XN
Reception: 020 8526 8200
Fax: 0208526 8210

Please complete and email to healthleaflets@harmonyhousedagenham.org.uk
 (Alternatively, print or photocopy, complete and fax)

DATE: _____ **REQUEST:** FREE Healthy Living leaflets (Redbridge Only)

	Quantity Maximum 20		Quantity Maximum 20
How to save a life (over 11's only) booklet		10 minutes to change your life, time to get moving	
Get active stay active		Simple exercises and resistance band training	
Healthy habits for baby and you bklet		A practical guide to healthy ageing	
Let's get active award pocket planner		Get kids on the go booklet	
Help your baby move and play everyday		Physical activity & your heart (BHF)	
Help your child move and play everyday		Keep your heart healthy (BHF)	
Building blocks for a better start in life leaflet		Access to healthcare abroad leaflet	
Be active cut your cancer risk leaflet		Put your heart into walking booklet	
Live a healthy life cut your cancer risk leaflet (CR)		Exercise and Arthritis	
Watch your weight cut your Cancer risk leaflet (CR)		Reduce the risk of cot death leaflet	
Off to the best start leaflet			
Get going this summer activity pack			
If you are losing weight you can do something about it (booklet produced by The Dairy Council) max 5 per order			

PLEASE ALLOW 2 WEEKS FOR DELIVERY

Contact Name:	
Address:	
Email Address:	
Telephone:	