

Drop-In Session

NHS App & Health Check

www.parkmedicalpractice.nhs.uk

Get help downloading and using the NHS App and other digital health issues

Update your health record with your latest blood pressure and weight

Get health advice & information

- Meet members of our **Patient Participation Group (PPG)**
- **Health Connectors** will be available for advice and signposting
- speak with our GP Assistant about the **Digital Weight Loss Programme**

Why attend?

- ✓ Get confident using the NHS App
- ✓ Make sure your records are up to date
- ✓ Learn about free health support available to you
- ✓ Meet the team and ask questions in a relaxed setting

Everyone welcome

If you have a smartphone/ipad, please bring it with you.

Tues 24th February | 1.00–2.30pm
Park Medical Practice

Cannards Grave Rd, BA4 5RT
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