

Food, nutrition, weight & lifestyle

If you are over 16 you can monitor your weight and height and have your blood pressure checked in our waiting room, anytime we are open, with our self-guided machine. Please ask reception if you need help. The machine prints out the results and you can hand the printed ticket to our receptionist to add the information to your medical record.

For further information you can seek help from the following that are targeted for children and young people and can benefit the whole family.



www.westsussexwellbeing.org.uk



www.ank.uk.com Tel: 0208 417 0078 Email: info@wmc.uk.com