

# You Decide! Health

## YOUR HEALTH, YOUR AREA, YOU DECIDE!

Join in at an event near you. To find out which event is closest to you or for more information call 020 7364 4572 or see below:

**Bethnal Green North,  
Weavers, Mile End and  
Globe Town (LAP1)**  
**Saturday 26th September**  
**10am-12pm**  
Oxford House  
Derbyshire Street  
London E2 6HG  
**Bethnal Green South,  
Spitalfields and  
Banglatown (LAP2)**

**Bow East, Bow West (LAP5)**  
**Tuesday 6th October**  
**7pm-9pm**  
Central Foundation  
Girls' School  
College Terrace Centre  
London E3 5AN  
**Mile End East,  
Bromley-by-Bow (LAP6)**

**Whitechapel, St.Dunstan's  
and Stepney Green (LAP3)**  
**Thursday 8th October**  
**7pm-9pm**  
Mulberry School  
Richard Street  
London E1 2JP  
**Shadwell, St Katharine's  
and Wapping (LAP4)**

**Limehouse, East India  
and Lansbury (LAP7)**  
**Saturday 3rd October**  
**10am-12pm**  
Limehouse Youth Centre  
Limehouse Causeway  
Limehouse  
London E14 8BN  
**Millwall, Blackwall and  
Cubitt Town (LAP8)**

### Your Health, Your Area, You Decide!

The Tower Hamlets Health Trainers are here to help YOU stay healthy.

We need YOU to help us DECIDE how these services will be delivered in your local area. There's no right or wrong answer; just your experience, local knowledge and votes.

For example, how important are the following:

- Eating more healthily
- Quitting smoking
- Getting more exercise
- Preventing the misuse of alcohol

Voting pads at the ready – You Decide!

Places are Limited – Register Now



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**Register to take part:**  
**Call 020 7364 4572 or visit**  
**[www.towerhamlets.gov.uk/youdecide](http://www.towerhamlets.gov.uk/youdecide)**



Tower Hamlets Partnership

