



**YOU ARE INVITED TO A FREE POP UP EVENT**

# **THRIVE TOGETHER: BETTER HEALTH FOR YOU AND BABY TOO**

**Thursday 27 February | 11am - 4pm**

**Barking Learning Centre (Barking library), 2 Town Square, Barking, IG11 7NB**

**See a local doctor, no appointment needed**

## **Advice and services available:**

- ✓ Fertility advice
- ✓ Women's and men's sexual health advice
- ✓ Preparing for pregnancy advice
- ✓ Pregnancy and after birth health advice
- ✓ What to expect from labour and birth
- ✓ Babies and children's health advice
- ✓ Cancer screening information
- ✓ Health visitors
- ✓ Mental health advice
- ✓ Digital health advice
- ✓ Family Information Service
- ✓ Family Hub
- ✓ Money saving tips

**HOT  
FOOD**

**UNDER 5's  
ACTIVITIES**

**ADULT and  
BABY  
MASSAGE**

**CRECHE**