

MEN'S HEALTH WEEK CAMPAIGN

MEN'S MOT HEALTH CHECKS

Please note that this is for male staff only – we will be running further MOT checks for all staff later in the year

Men's MOT

A private MOT health check is needed to ensure that your body remains fit and on the right track. Our bodies work extremely hard all the time to keep us alive so it is important that we take proper care of them and not take them for granted.

MOT stands for:

- Measurements.
- Observations.
- Tests.

The 121 Health Screen covers:

- Blood Pressure
- Total Cholesterol, HDL Cholesterol, Cholesterol Ratio
- Blood Glucose
- Body Mass Index
- Waist Measurement
- Results, Review & Lifestyle Guidance
- Blood Pressure

These procedures will emphasise on different ways to improve your overall health condition.

Date	Venue	Link
15th June 2023	Conference Centre Newham Centre for Mental Health, Glen Road, Cherry Tree Way, London E13 8SP	https://www.eventbrite.co.uk/e/mens-mot-health-checks-free-check-up-newham-centre-for-mental-health-registration-638698603717
19th June 2023	Consultation Room 9 Vivienne Cohen House City and Hackney 2 Crozier Terrace, Homerton London E9 6AT	https://www.eventbrite.co.uk/e/mens-mot-health-checks-free-check-up-vivienne-cohen-house-registration-638694571657
4th July 2023	Group Room 1 1st Floor Burdett House Mile End Hospital, London E1 4DG	https://www.eventbrite.co.uk/e/mens-mot-health-checks-free-check-up-tower-hamlets-centre-for-mh-registration-638689536597
11th July 2023	Room 1 Luton – Charter House, Room 1, Alma Street, Luton LU1 2PJ	https://www.eventbrite.co.uk/e/mens-mot-health-checks-free-check-up-charter-house-luton-registration-166795454695
12th July 2023	Clinic Room 1, Health Resource Centre, Twinwoods, Milton Road, Clapham, Beds MK41 6AT	https://www.eventbrite.co.uk/e/mens-mot-health-checks-free-check-up-twinwoods-health-resource-centre-registration-638680268877