

# ELFT MEN'S HEALTH CAMPAIGN: MEN'S MOT HEALTH CHECKS

*(please note that this is for male staff only – we will be running further MOT check for all staff later in the year).*

## Men's MOT

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