

Free Training BE SMART ABOUT YOUR HEALTH



Manage it online

Every Friday

Bradbury Centre

37B Grange Rd, Kingston

upon Thames KT1 2RA

14th and 28th Feb 2020



One to one training - up to 3 sessions per person

10-11am

11.10am-12.10pm

12.20 - 1.20pm

Booking Essential ask
a member of staff
or call Superhighways
on **0208 255 8040**

LEARN HOW TO...

Search the internet

Book GP appointments online

Find people, support & services

Sign up to services online with email

Use an app to improve your health

On your mobile, tablet or a PC

