



Harmony House Dagenham CIC
Baden Powell Close
Off Goresbrook Road
Dagenham
Essex RM9 6XN
Reception: 020 8526 8200
Fax: 0208526 8210

Please complete and email to healthleaflets@harmonyhousedagenham.org.uk
 (Alternatively, print or photocopy, complete and fax)

DATE: _____ **REQUEST:** FREE Healthy Living leaflets (Redbridge Only)

	Quantity Maximum 20		Quantity Maximum 20
Top Tips for Kids leaflet		5 a Day Z-cards	
10 Minute Shake Up Disney leaflet		5 a Day food diary	
Guide to Bottle Feeding		Eat Healthily – Cut your cancer risk	
Sugar Swaps Leaflet		Ten top tips for weight loss leaflet	
Taster Recipes Booklet		10 Minutes to change your life, Time to Eat Better Booklet (BHF)	
Introducing Solid Foods		Healthy Eating & Arthritis (Max 10)	
Team Up to Shake Up		Health Start, vitamins and why we need them booklet (NHS)	
Join the Swapathon A3 poster		Eating Well (Max 10)	
5 a Day A4 poster (A3 one in 'Posters')		Facts not fads, (Simple guide to healthy weight loss)	
5 a Day Postcard		Cut down on Salt	

PLEASE ALLOW 2 WEEKS FOR DELIVERY

Contact Name:	
Address:	
Email Address:	
Telephone:	