

Ruddington Self Weigh Clinic held at Ruddington Medical Centre

On 1st and 3rd Thursdays from 2-3pm

Dates are as followed for 2019

**21st March
4th April
18th April
2nd May
16th May
6th June
20th June
4th July
18th July
1st August
15th August
5th September
19th September
3rd October
17th October
7th November
21st November
5th December
19th December**

There will be appointment for you to book with the Family Health Team at your local health centre if you would like to discuss your baby or child's health.

**For an appointment or to speak to one of the team,
please ring; 0115 883 7368**