

# WE CARE FOR OUR AIR LOXFORD

JUST DROP BY  
9.30 AM - 4PM

Thursday 17th & Friday 18th  
October

Healthy Redbridge Bus  
at Loxford Polyclinic



- Get advice & find out why you are coughing or wheezing
- Get help managing asthma - all ages welcome
- Use your inhaler the best way to keep well
- Learn Healthy Lung Habits
- Check out local air pollution levels & how to choose lower pollution routes
- Get help with stopping smoking and vaping

HEALTHY LUNG HABITS TALK AT 11AM  
CHILDREN'S ASTHMA + WHEEZE DROP-IN

FREE TEA, COFFEE AND  
BISCUITS AVAILABLE.



Department  
for Environment  
Food & Rural Affairs

London Borough of  
**Redbridge**



LOXFORD  
PRIMARY CARE NETWORK

