

# Free Vitamins

**FREE VITAMINS** now available for all pregnant, new mums and children from 0-4 years, living in Newham.

We **ONLY** distribute vitamins on the following days and times:

## Kay Rowe CC

**Monday, Tuesday, Wednesday 10am-12pm**

**Monday, Wednesday 1-2.30pm**

**Thursday 1-2.30pm**

## Maryland CC

**Tuesday and Friday 10am-3pm**

