

From M2 Junction 4 - At junction 4, Use the left lane to take the A278 exit to Gillingham/Medway Tunnel/A289. At the roundabout, take the 1st exit onto Hoath Way/A278. At the following roundabout, take the 2 nd exit and stay on Hoath Way/A278. At the following roundabout, take the 2 nd exit and stay on Hoath Way/A278. At the following roundabout, take the 3rd exit onto London Rd/A2. Rainham Healthy Living Centre is on the left.

By public transport - The nearest railway station is Rainham (Kent), a 7 minute walk away and 3 minute taxi journey. The centre is also well served by buses, with the 130, 132, 326 and 783 buses stopping outside.


