Self Care Week is an annual national awareness week of events and activities that focuses on embedding support for self care across communities, families and generations.

This year’s theme is:

Self care for life – be healthy this winter

Look out for the self care logo to find out what’s going on in Bradford and District, Airedale, Wharfedale and Craven during Self Care Week 2014

17-23 November 2014

If you’d like to get involved, or would like a copy of the calendar of events or for any further information, please contact

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