




Self Care Week 2014

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

Kate Farrar, Telephone: 01274 237367

E-mail: katefarrar@nhs.net