

CHOOSE SELF CARE FOR LIFE

Self Care Week
12-18 November
2018



Your group name/logo
goes here

We're supporting Self Care Week 2018 and want to get more people tackling their health issues by getting out and either being active or just meeting new people.

Come and give us a try this Self Care Week with our special event...

Visit www.fitterfyldecoast.nhs.uk for more information
#selfcareweek2018