

**Come See a Health Trainer at West Ealing Library
on 14th November 2017
from 12pm – 14:00
West Ealing Library**



SELF CARE WEEK **NHS**
Embracing Self Care for Life

13-19 November 2017 **www.nhs.uk/selfcare**

The poster features a central illustration of a diverse group of people of various ages and ethnicities, including a woman with a red bag, a man in a green shirt, an elderly woman in a yellow top, a woman in a pink top, a man in a yellow shirt, a woman with blonde hair in a green top, a man in a green shirt, a woman in a pink top holding a baby, a woman in a green top, a young boy in a green shirt, and a man in a blue shirt. They are standing on a large, stylized blue hand that is cupping them from below. The background is a solid blue color.