

**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 diverse group of cartoon characters of various ages and ethnicities standing on a large blue hand that is cupping them. The background is a solid blue color.