

**Come See a Health Trainer at Neighbourly Care
on 15th November 2017
from 11am**

Perivale Community Centre, Horsenden Lane South, UB6 7NP

A large blue poster for 'NHS SELF CARE WEEK' is centered on the page. The text 'SELF CARE WEEK' is in white on a blue background, with 'NHS' in white on a blue background to the right. Below this, 'Embracing Self Care for Life' is written in large white letters. The central illustration shows a diverse group of people of various ages and ethnicities standing on a large blue hand that is cupping them. At the bottom, the dates '13-19 November 2017' and the website 'www.nhs.uk/selfcare' are displayed in white.

SELF CARE WEEK **NHS**
Embracing Self Care for Life
Perivale Community Centre, Horsenden Lane South, UB6 7NP
13-19 November 2017 **www.nhs.uk/selfcare**