

**Come See a Health Trainer at the Over 60s Club
on 16th November 2017
from 1pm**



Hanwell SDA Church, 60 Greenford Avenue, Hanwell W7

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

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

The poster features a blue background with a group of diverse cartoon characters of various ages and ethnicities standing on a large blue hand. The text is in white and blue, with the NHS logo in white on a blue background.