

**Come See a Health Trainer at Ealing Carers Service
on 17th November 2017**

from 10am to 3pm

Carers Trust, Sycamore Lodge, 1 Edgecote Close, Acton, W3 8PH



A promotional poster for 'Self Care Week' by the NHS. The background is a vibrant blue. At the top, the words 'SELF CARE WEEK' are written in white, bold, sans-serif capital letters, with 'CARE' highlighted in a teal box. To the right, the 'NHS' logo is displayed in white on a blue background. Below the text, a diverse group of cartoon-style people of various ages and ethnicities are shown. Some are standing, some are sitting in wheelchairs, and one is holding a baby. The entire group is framed by two large, stylized blue hands that appear to be holding them. At the bottom of the poster, the dates '13-19 November 2017' and the website 'www.nhs.uk/selfcare' are written in white, bold, sans-serif font.