

**Come See a Health Trainer at Southall Library  
on 16th November 2017  
from 11am-1pm  
Southall Library**



**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 graphic. The text is in white and teal, with the NHS logo in white on a blue background.