

Tarporley, Kelsall & Bunbury Practices Community Self-Care Day

Visit:

Tarporley Community Self Care Day

Tuesday 18th November

10.30am to 4.30pm

at Tarporley Community Centre

Self Care Week

17-23 November 2014



Self care for life – be healthy this winter

www.selfcareforum.org



our health,

your way,

your choice.

Have you got a long-term condition?

Do you care for a friend or family member?

Would you like support for your health and wellbeing?

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Highlights will include:

- Attendance from 20+ organisations to help support you and your needs
- Raffle and cake sale in aid of Tarporley War Memorial Hospital run by the Patient Participation Groups from each of the four local GP Practices
- Refreshments provided throughout the day
- Live demonstrations from Tumble Tots and Age UK at 1.30pm
- Free transport provided by Cheshire West & Cheshire Council from Kelsall and Bunbury, please contact your practice to book a place.