

**FREE**



# SELF-CARE SESSION

FIND OUT ALL YOU NEED TO KNOW  
ABOUT MANAGING YOUR HEALTH

Run by a Camden GP and a Camden Pharmacist

The session  
will be  
held online.

Free take away  
digital pack,  
full of resources  
for your health  
and  
wellbeing.

Forward  
this to a  
Friend!

**Friday 16 October 2020, 12:30 to 14:30**

**REGISTER NOW TO SECURE A PLACE**

**<https://camden-self-care.eventbrite.co.uk>**

*In this session, you will not be asked to share your medical history or any other personal information.  
The GP and Pharmacist running the workshop will not be available for one to one consultations.*

For more information please e-mail [training@communitymatters.co.uk](mailto:training@communitymatters.co.uk)