



**We are holding an
Open day on Saturday
2nd December at
Easthampstead
Surgery from
10 am to 4pm**

The NHS is running a campaign about self-care for life.

Come and join us for a cup of tea and a chat with our doctors and nurses about **your** care in the community.

Self-care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help and when to get advice from your GP or another health professional.

If you have a long-term condition, self-care is about understanding that condition and how to live with it.

Come and have a chat with us where we can answer your questions about your care, look at community based providers that can help you and together we can promote self-care that will help you stay healthy for the whole of your life!

Community

First

involve

MAKING A DIFFERENCE LOCALLY
IN BRACKNELL FOREST & WOKINGHAM BOROUGH



healthwatch

