

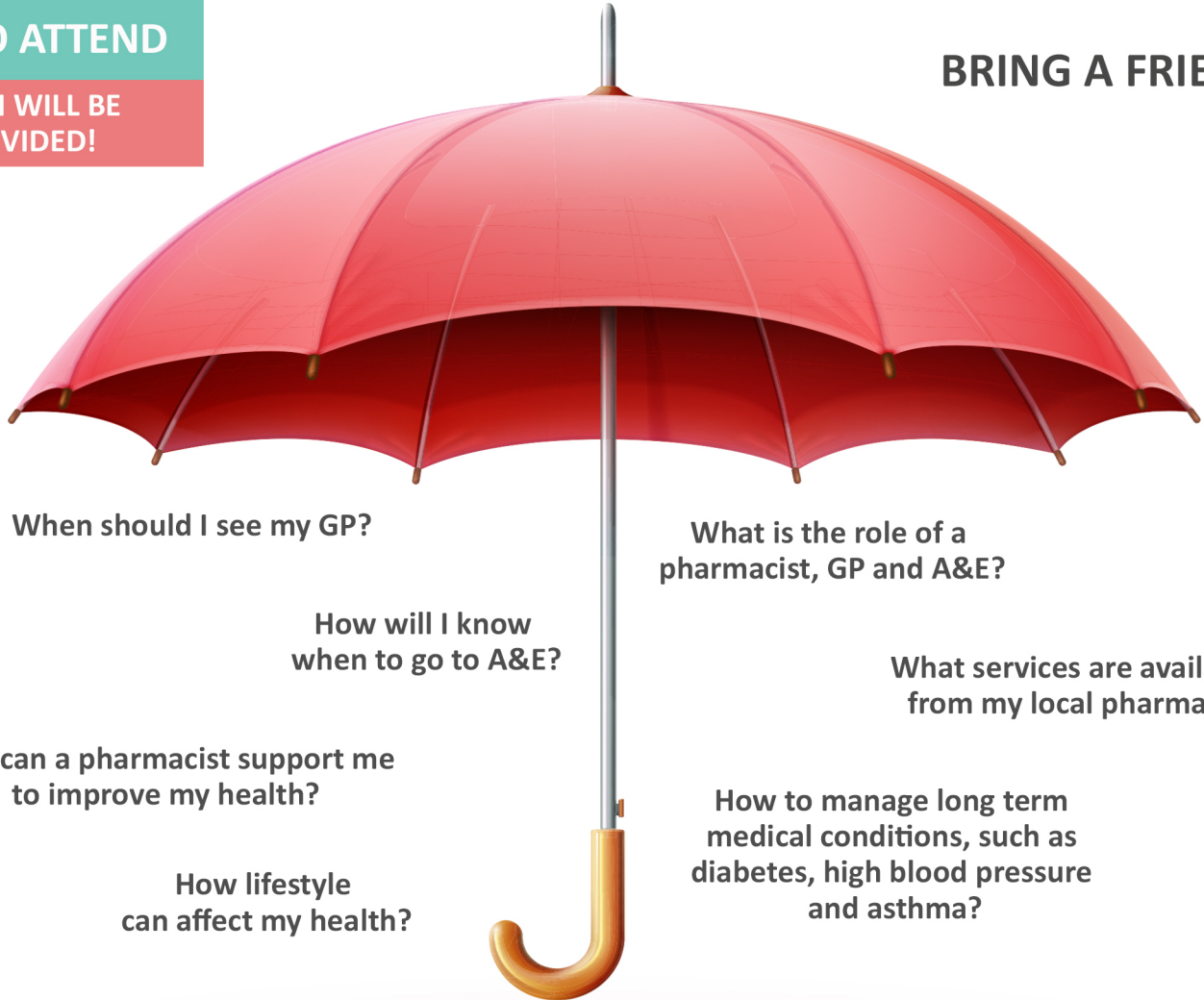
SELF-CARE WORKSHOPS

TO HELP YOU BETTER MANAGE YOUR HEALTH
Delivered by a Camden GP and Pharmacist

FREE TO ATTEND

**LUNCH WILL BE
PROVIDED!**

BRING A FRIEND!



When should I see my GP?

What is the role of a
pharmacist, GP and A&E?

How will I know
when to go to A&E?

What services are available
from my local pharmacy?

How can a pharmacist support me
to improve my health?

How to manage long term
medical conditions, such as
diabetes, high blood pressure
and asthma?

How lifestyle
can affect my health?

**Attendees will also receive a free information pack,
full of resources to help you better manage your health.**

NEIGHBOURHOOD	DATE & TIME	VENUE	BOOKING LINK
CHE SOUTH	2nd March 2018, 10am -1pm	ORT House, 126 Albert Street, Camden, London, NW1 7NE	bit.ly/2EjMZeo
NW5	7th March 2018, 1pm-4pm	Queens Crescent Community Centre, 45 Ashdown Cres, Belsize Park, London NW5 4QE	bit.ly/2GtoLz8
NW3	16th March 2018, 1pm -4pm	Pax Lodge, Olave Centre, 12c Lyndhurst Road, London, NW3 5PQ	bit.ly/2DM9nw8
SOUTH	21st March 2018, 10am-1pm	ORT House, 126 Albert Street, Camden, London, NW1 7NE	bit.ly/2EmfKXV
CHE WEST	12th April 2018, 10am-1pm	Kingsgate Community Centre, 107 Kingsgate Road, London, NW6 2JH	bit.ly/2rROMF7

*This workshop is for educational purposes only. You will not be expected to disclose your medical history.
The GP and pharmacist running the workshop will not be available for one to one appointments.*

**IF YOU DON'T HAVE ACCESS TO INTERNET,
PLEASE REQUEST YOUR PRACTICE OR SOMEONE ELSE TO DO THIS FOR YOU.**

For more information please e-mail self-care@communitymatters.co.uk.