



FREE online event for all City and Hackney residents

LET'S TALK ABOUT STAYING WELL THIS WINTER

To register and enter an online raffle visit [eventbrite](#) or phone 020 3816 3222

Log in details will be shared with registered participants ahead of the event

Hear about the support and services that are available to help you stay well this winter!

- Top tips for self-care from professionals and other residents
- What to do when you need help
- Why getting a flu jab is so important
- Mental health and resilience
- Share your experiences and connect with other local residents

WEDNESDAY 18TH NOVEMBER 2020, 4PM TO 6PM

For any queries please email cahccg.comms@nhs.net

WWW.EVENTBRITE.CO.UK/E/LETS-TALK-ABOUT-STAYING-WELL-THIS-WINTER-TICKETS-127198152097