

NHS South East London CCG invite you to the virtual.....

'Learning Disability Big Health Week!'



Monday 2nd November to Friday 6th November 2020.

**This year the event will take place on;
There is lots of great information available on...**



	<ul style="list-style-type: none"> • Annual Health Checks • Looking after your Mental Health • Healthwatch and health advocacy • Cancer awareness • Healthy relationships
	<ul style="list-style-type: none"> • Information about your health and how you can improve it • Health Action Plans – what are they?

and fun activities that you can join...

	<ul style="list-style-type: none"> • Cooking classes • Diet advice and healthy eating • Fun exercise • Dance classes
	<ul style="list-style-type: none"> • Theatre performances • Fireworks Display • Sing along! • Fun Quiz

For more information; Email Yvonne at ydavies@nhs.net or Ian at ian.ross5@nhs.net or call 07881 260 281

NHS South East London CCG is made up of the following boroughs; Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark

<https://selondonccg.nhs.uk/bighealthweek>