

“Who can help me?”

healthwatch
St Helens

#WhoCanHelpMe

Healthwatch St Helens is holding a series of listening events under the heading of:

“Who can help me?”

Our next event will focus on:

“Self-care”

Thursday 14th November 2019, 2pm - 4pm
The Beacon Building, College Street,
St Helens, WA10 1TF

Hear about how you can care for yourself when you're not feeling too good

- ✓ What do I need to keep at home to treat minor ailments?
- ✓ What should my first aid kit contain?

Cakes and biscuits will be provided so please let us know if you have any special requirements.

To book your place please contact Debbie
on: 0300 111 0007 or email:

deast@healthwatchsthelens.co.uk

Follow us on Twitter: @HWStHelens

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