



## Embracing Self-Care for Life

*Saturday 11<sup>th</sup> November 2017*

Radcliffe Surgery Forum (RSF), your Patient Participation Group (PPG), is holding a health event. Come along and:

- ❖ Listen to Dr Ram Patel speak about  
“Obesity – intervention & prevention: the health risks of being overweight & managing lifestyle changes”
- ❖ Meet local groups & organisations supporting better self-care for you and those you care for

**11.00am to 12.30pm**

**Saturday 11 November 2017**

The Grange Hall, Vicarage Lane, Radcliffe on Trent, NG12 2FB  
REFRESHMENTS: tea, coffee & biscuits from 10.30am

A question & answer session will be held during the meeting.  
*To ask a question in advance, please use the RSF suggestion box on the noticeboard at Radcliffe Health Centre*

**Embracing Self Care for Life**

13-19 November 2017

SELF CARE WEEK



**NHS**