



Self Care Week
16 - 22 November 2015

City of Bradford MDC

NHS

Airedale, Wharfedale and Craven Clinical Commissioning Group
Bradford City Clinical Commissioning Group
Bradford District Clinical Commissioning Group

This year's theme is:

Self Care For Life



Find out what's going on in the Bradford district

www.selfcareforum.org

SELF CARE @ CITY PARK

**Tuesday 17 November, City Park,
Bradford City Centre 10.00am – 1.00pm**

Wear your silly socks or scarves and join the Lord Mayor at City Park to do the conga around the mirror pool in City Park.

Why not check your fitness at our pop up gym or get advice on easy practical ways to take control of your health from the Life Education Bus and the HALE bus

Please note that this event will be filmed.

For more information contact Mark Thornton on 01274 437198

