



Self Care Week 2020 article for sharing

Self Care Week - Interactive Online NHS Sessions for families

During Self Care week (16 – 22 November), Health Professionals from the Norfolk Healthy Child Programme are hosting themed interactive online sessions for Norfolk parents; looking at different areas of self care including healthy lifestyles and emotional health for older children. Each session lasts an hour and is a great opportunity to get some practical advice, ask our specialist team/guest colleagues questions and speak with other parents with similar interests.

For more information or to book on a session visit: justonenorfolk.nhs.uk/self-care-week-2020 or internet search: “*just one norfolk self care week 2020*”