

Healthy Life-Styles for Carers

If you are a Carer & would like to know more about improving your health, please come along!

Wednesday 28 February 2018, 6pm - 7 pm.

York Medical Practice, Oak Lane, Twickenham

Organised by the Patient Participation Group & YMP staff with local carers who will be speakers for the evening including Margaret Dangoor, Paul Leonard & a member of staff from the Richmond Carers' Centre www.richmondcarers.org



To Book Please RSVP to:

**Patientgroup.yorkpractice@nhs.net
or call the practice on 0208 744 0220**