

Dudley Borough Public Healthcare Forum Meeting

Thursday 17th May 2018

4.30pm – 6.30pm
(Buffet opens at 4pm)

Brierley Hill Civic Hall, Bank Street, Brierley Hill, DY5 3DH



You can't drink from an empty cup!

Looking after yourself and others is really important but what do we really mean by self-care? What can we do better together so we can support you when needed? What motivates you to look after yourself? Join our conversation and help us explore how we can develop self-care for life across Dudley.

We always offer a nice cuppa, a bite to eat and a friendly smile.

Booking is essential!

To book your place or find out more please contact Keren Hodgson

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Website: www.dudleyccg.nhs.uk

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If you have a communication need and would like to attend one of our events please let us know in advance and we will do our best to ensure this is met