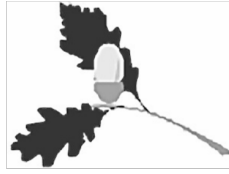


Keeping well? Why not join our Patient Voice virtual health event on Zoom?
You must look after your health and well-being during the Covid 19 pandemic.



The Oaks Partnership Health and Well-being Event ONLINE

Thursday 12th November 2020

19:00 – 20:30

7pm: Event Open and Introduction

7:15pm-8pm: The importance of healthy eating, healthy weight, stopping smoking, physical activity and cutting back on alcohol. In addition there will be pointers to the local services and resources available to help you live your healthiest lifestyle.

Presented by the **One You** Sevenoaks District team.

8:00pm-8:15pm: CHIP (Complete Health Improvement Programme). Presented by an exercise specialist.

8:15pm-8:30pm: Round-up and event close.

The event will be held via Zoom. To register, please email the Patient Voice Committee using this address:

patientvoiceoaks@gmail.com

The event is organised jointly by Patient Voice and the medical staff of The Oaks, with support from the Health Team of Sevenoaks District Council.