

Winter Health Drop-in Morning

Ermine Road Day Centre

22nd November 2011

10am – 11.30am

The Community Nursing Team are holding a drop in morning to raise awareness of ways to keep healthy in winter for people with learning disabilities and their carers



Please come along to find out more about:

- The flu and ways to prevent it spreading
- This years vaccination and who should have it
- Tips on how to maintain good physical and mental health throughout winter

And more...

Tea, Coffee and Biscuits Provided