



Learning Disability Virtual Big Health Week 2021

From Monday 6 December to Friday 10 December 2021

This year the event will take place on  zoom

There is lots of great information available on...



Annual health check

Looking after your mental health

Cancer awareness

and fun activities that you can join...



Cooking classes

Fun exercise

Fun quiz

For more information, to check the programme and register
visit our webpage

<https://selondonccg.nhs.uk/bighealthweek>

