

# ONE BROMLEY

TOGETHER THROUGH

*winter*

in Bromley

## Keeping Well Together This Winter

Wednesday 17 November 2.30-3.30pm

Meet our health experts and get their advice about winter health

- How to care for yourself and your family this winter
- How to use health services and other support available in Bromley
- Ask your questions

### Meeting zoom link

Meeting ID: 821 7673 4234 Passcode: 291660



**healthwatch**  
Bromley

**Bromley**

**Well**

**PRACTISE SELF  
CARE FOR LIFE**  
Self Care Week  
15-21 Nov 2021

