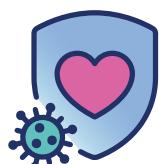


Stay well this winter

1



Get your winter vaccines

2



Be active and keep yourself moving

3



Keep warm by wearing layers

4



Think about your physical and mental health

5



Ensure your shoes fit well and take care on icy ground

6



Check if you can get financial help

7



Book your NHS Health Check

8



Explore activities at your local library or community centre

If you need support or want to find out more:

Contact **Staffordshire Cares** on **0300 111 8010**
or visit: staffordshire.gov.uk/winterhealth

SCAN ME

