



BIG HEALTH 2021



This is the 13th year of Big Health Days.
This will be a week of fun and inclusive activities
and events about health and wellbeing.
It will help people get the right information.

When?



June 21 to June 25 - in the morning and afternoon each day

Where?

Online



For more information please contact Simon or Karin



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Text: 07766 733421

BigHealth2021@ghc.nhs.uk



**Access the programme for the week on our
webpage at: www.ghc.nhs.uk/bighealth2021**



With the help of our partners we have a range of event types and topics

Self-Care



Diet and health



Live Talks



Mental health



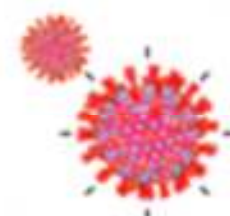
Promotional Films



Physical health



Live Activities



Covid 19 Update



Walkabouts

Signposting, resources
& information



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