

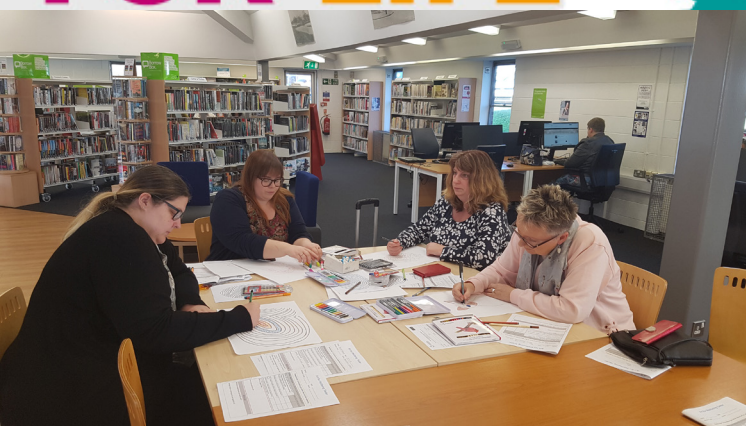
# #FitterFyldeCoast



CHOOSE  
SELF CARE  
FOR LIFE



Self Care Week  
12-18 November



Started the week with a brisk walk to work #selfcareselfie (Monday)  
#cenicroute #beforethedownpour @SelfCareForum



Chelsea McDowell @SchoolPsyChels · Nov 11  
When your boyfriend says he has a self care Saturday planned for you both and it ends with asking to spend the rest of your life with him. How dare he uses my own language to convince me to relax & then surprises me 😍 #selfcareselfie #engaged #thankful



Fylde Council @fyldecouncil · Nov 10  
Next week is National Self Care Week!

Visit [fitterfyldecoast.nhs.uk](http://fitterfyldecoast.nhs.uk) to find out more and see the calendar of events happening across Fylde.

You can also get involved by taking a #selfcareselfie and sharing it to give others some inspiration!

#selfcareweek

Valerie Hutson ★ Nutritionist @ValerieHutsonN1 · Nov 12  
Meeting lots of lovely people promoting Healthier Choices at Blackpool Victoria Hospital 🍏🥦🥦🥦 @PublicHealthBpl #selfcareselfie @nutritionval



ParkView4U Run Group @parkviewruns · Nov 15  
Our C25K group completed their first 5K @LythamHall on 14/11/18. Helen @clitherbot for joining in photo celebrations during @FyldeC #selfcareweek #selfcareselfie #NHS



Valerie Hutson ★ Nutritionist @ValerieHutsonN1 · Nov 12  
Barbara and Chris promoting self care at Blackpool Victoria Hospital #selfcareselfie @DiabetesUK @PublicHealthBpl



Amelia @schoolpsych58 · Oct 28  
#selfcareselfie #SelfCareSunday snuggles with Maya. She is loving this. #MOPSY18 #MASP2018

