

Get Well for Winter Launching 7th Sep 2020



Get Well for Winter is a programme running until Christmas aimed at people with learning disability across the North East and Cumbria, their families and carers to get as well as possible this winter whilst we are living with Covid19.



We will be doing a weekly timetable for the next 12 weeks around supporting you to Get Well for Winter. This will be around:

- Eating Healthily
- Healthy Exercise
- Keeping Safe
- Staying Connected
- Healthy Mood

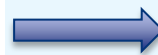


We will be sharing lots of information, advice, activities and resources to help you Get Well for Winter.



To find out more information about the programme you can watch this film here:

<https://youtu.be/KuWJoRyGAj0>



For more information contact

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