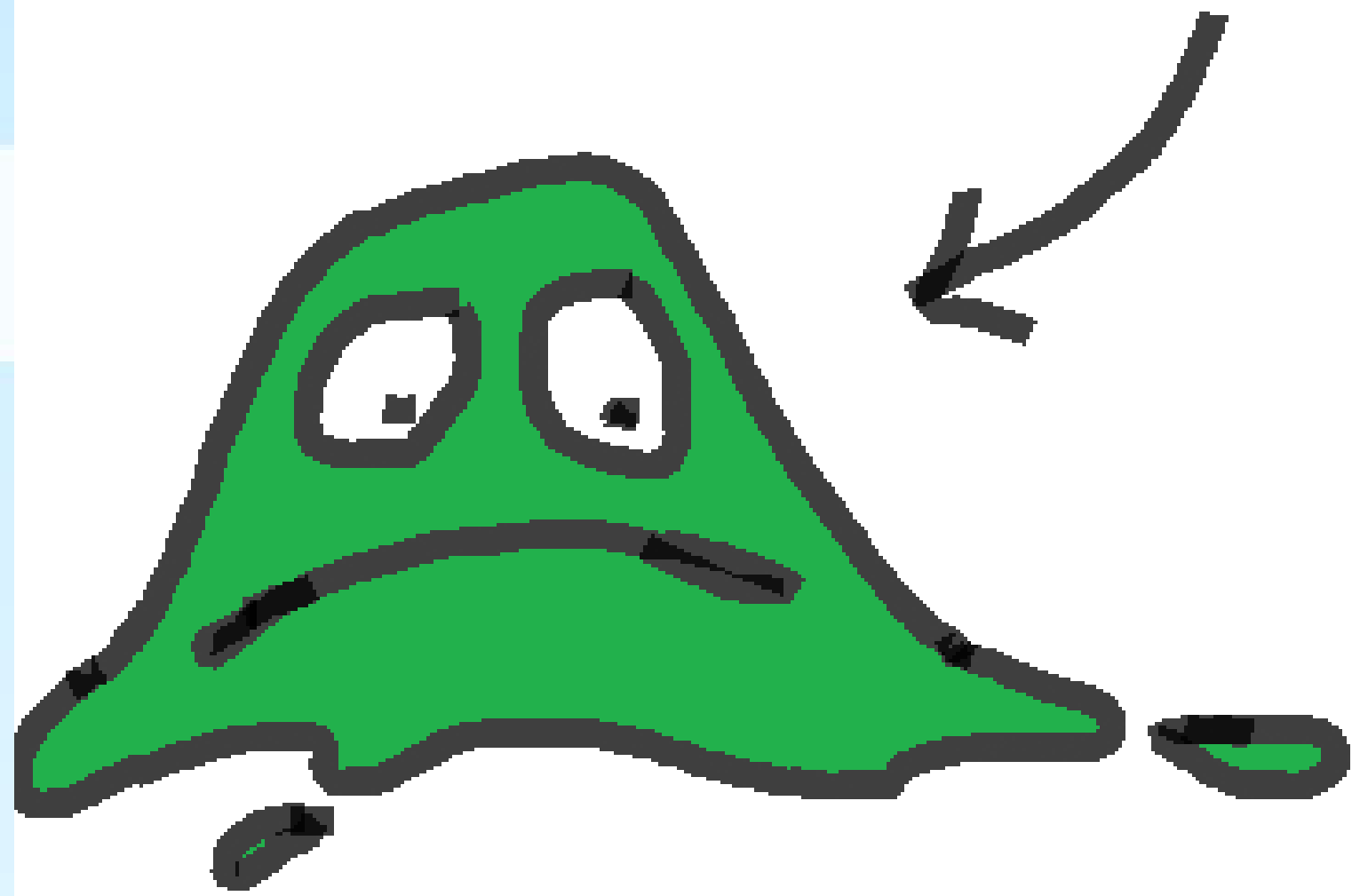


Do you feel a bit like this??



**GET YOUR  
BOUNCE  
BACK!**

Do you want to feel a bit more like this??



**Fed up with COVID? Feeling uncertain or overwhelmed? Sad or Angry? Find out what we CAN do to look after ourselves physically & emotionally as we emerge from lockdown**

**Join us for our webinar-Monday 6th July @ 8pm email:  
[lifestylemedicine.herts@nhs.net](mailto:lifestylemedicine.herts@nhs.net)**

**With Dr. Leila Akinwale (GP), Dr. Nicola Phillips (GP), Becky McQueen (Health Coach), Angela Bettridge (Social Prescriber)**

