

# More good days

Be happier and healthier in 2018

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FREE wellbeing event with guidance from our physiotherapy experts and other healthcare specialists...

**\*physical activity \*mental health \*managing pain**

**\*nutrition \*changing habits \*self-help techniques**

Thursday 11 January, 10am – 3pm

Camberley Theatre, Knoll Road

Camberley, GU15 3SY

Register your place:

**[events@ticcs.co.uk](mailto:events@ticcs.co.uk)**

**01329 245 216**

[www.ticcs.co.uk/moregooddays](http://www.ticcs.co.uk/moregooddays)



The Integrated Care Clinics  
**TICCS**

  
Arthritis  
ACTION

**NHS**  
Surrey Heath  
Clinical Commissioning Group