

More good days

Be happier and healthier in 2018

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

01329 245 216

www.ticcs.co.uk/moregooddays



The Integrated Care Clinics
TICCS


Arthritis
ACTION

NHS
Surrey Heath
Clinical Commissioning Group