

Covid 19 Grab and Go sheet and 'Be Health Aware' sessions

January 2021

Be health aware: *health awareness sessions*



Speakup are working with different organisations to help people know more about their body:



"What is *normal* for me?"

"How do I '*spot things*' that I might need to get checked by a doctor?"

"How do I become aware of things which can mean I can find any issues earlier?"

Covid 19 Grab and Go sheet



Speakup are ALSO raising awareness about the new Covid 19 Grab and Go sheet.

It gives the information doctors and nurses need if you need to go into hospital because of Coronavirus.

Timings



The sessions will be on Zoom and last for around 1 hour
The following sessions will be available:

- Tuesday 19th January 2021
10:30 am: **Breast health** and Covid Grab and Go
- Wednesday 20th January 2021:
10:30 am: **Lung health** and Covid Grab and Go
1:00 pm: **Stomach and Bowel Health** and Covid Grab and Go



To book on to these sessions or for more information, please contact:

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