

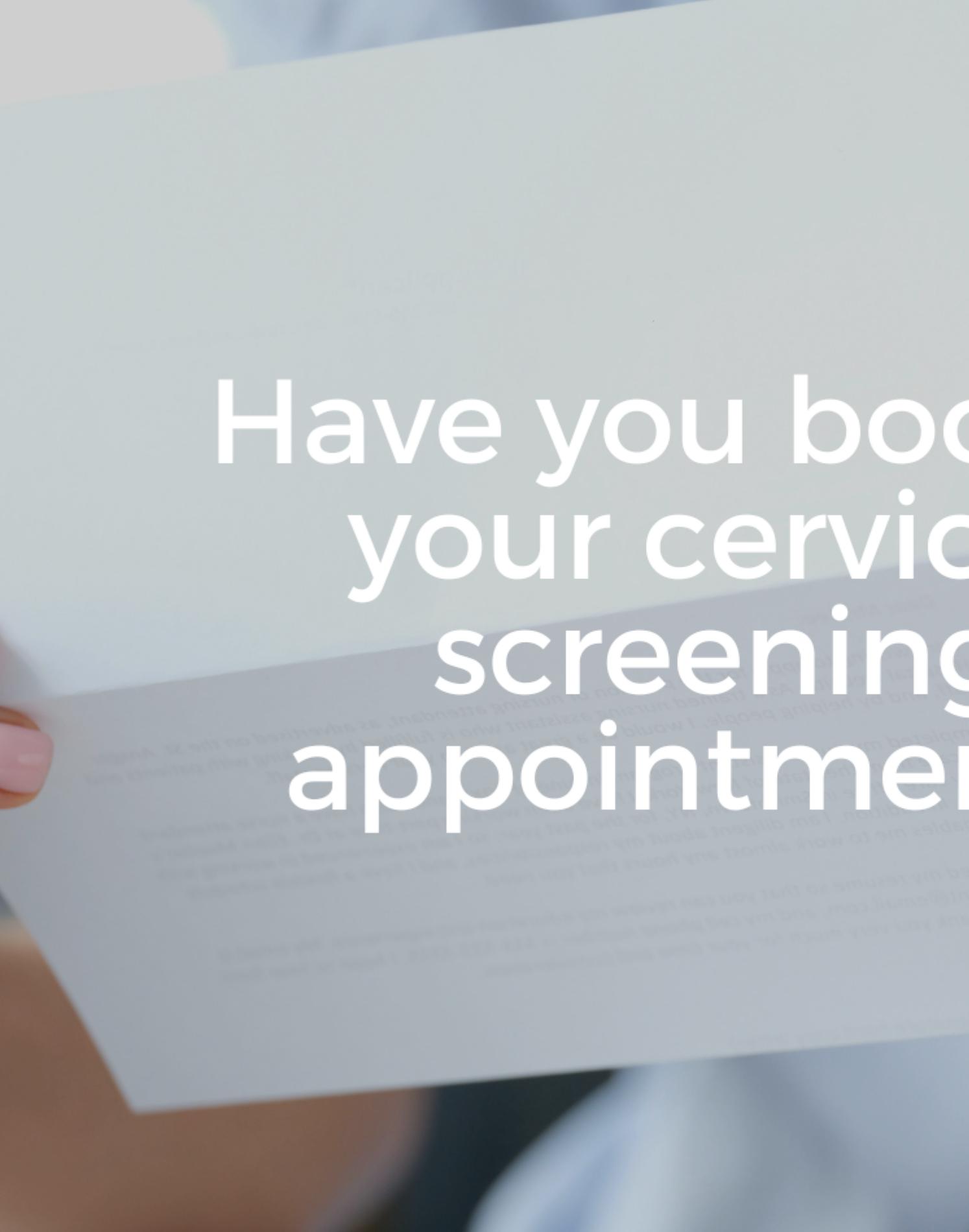


1 in 2 of us will
develop some
form of cancer in
our lifetime



BE CANCER
AWARE





Have you booked
your cervical
screening
appointment?





GOALS

00:00

THURSDAY, 1 JANUARY



Reminder

New Year's Resolution
Stop smoking and
improve your health

START

Is your drinking
putting your health at risk?

Pick up a free self-evaluation sheet from your
pharmacy to find out more.



BY
NHS

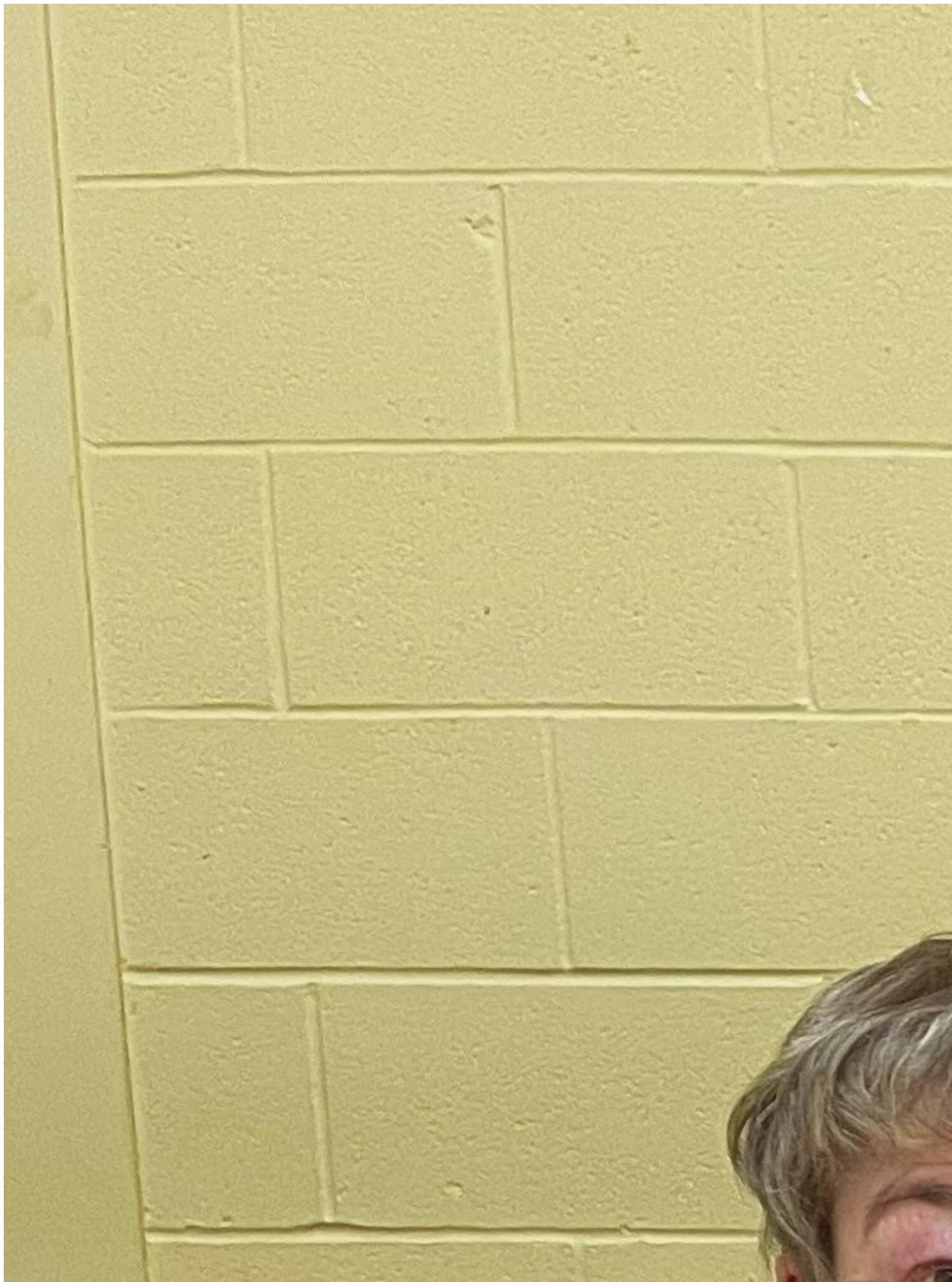


AIDS DAY
1 December



Prevent to Protect

I test. Do y





CHOOSE
TO
LIVE
BETTER

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