



ASK A GP

Your health questions
answered

With Dr. Heather Howells, GP

People who live with mental illness can be more at risk of physical health illnesses, including Covid. To find out why, and what you can do about it, we're inviting you to attend and learn more about:

- Giving up smoking
- Getting your blood pressure checked
- How to live a healthy lifestyle
- Covid vaccinations
- Worries about returning to 'normal'

- Breathing Space
- Depression Xpression

Wednesday 25 May

14.00 - 15.30

**Berkshire West Your Way
1A Rupert Square
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