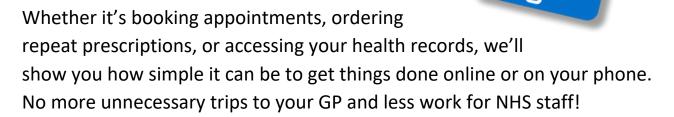
Take control of your health and wellbeing

Easily discover the benefits of online services with our **free** and friendly drop-in sessions



Our friendly team can provide one-to-one help - showing you how to use tools like the NHS app.

When? 1-3.30pm

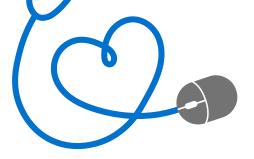
Thursdays
1, 15 & 29 May
12 & 26 June, 10 July

Where?

Mowbray House Surgery, Malpas Road, Northallerton, DL7 8FW

We will support you with:

- Downloading, registering for and navigating the NHS app
- Learning how to access health and wellbeing services from anywhere
 - Boosting your confidence in using digital tools in general
 - Supporting your friends and family to gain control of their health and wellbeing.



See you there!



Registered Charity no: 515538