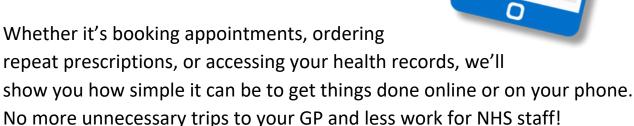
Take control of your health and wellbeing

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.

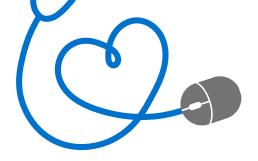
When? 10am - 2pm
Tuesday 13, 20 and 27 May

Where?

Mowbray Square
Medical Centre
Myrtle Square,
Harrogate HG1 5AR

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