

Project Boost

Life during and after the Pandemic – Let us boost your confidence and look after your Health and Wellbeing



Join us for a virtual event via Zoom

Date: Tuesday 2nd February 2021

Time: 2.00pm - 3.00pm

Topics and Speakers – Top Tips from Experts:

- ❖ Covid 19 - An update from Dr M Lakhani on Covid 19
- ❖ Social Prescriber - Join Joanne Talbot who will give out top tips on loneliness, financial support and lifestyle issues
- ❖ Questions and Answers - Dr J Coleman talks about when to see your GP during the pandemic. Submit your questions for the GP who will answer them on the day

To confirm your attendance and save your place for this virtual event, please email us with your name and mobile number to: highgatesurgery.noreply1@nhs.net

Or alternatively click on the engage consult link: <https://wsp.psf-live.co.uk/7441/#/welcome>

We will confirm your place and save you a seat by forwarding you a zoom link to this event. (Please note: This event is only open to patients of Highgate Medical Centre)

WE LOOK FORWARD TO SEEING YOU FOR OUR FIRST VIRTUAL PROJECT BOOST EVENT