

Self Management Week

28 September - 2 October

**We all have a self management story,
we just don't call it that.**

If not you, someone important to you is regularly impacted by challenges relating to their health, care or wellbeing. Have a think, it could be you, your parents, children, sibling, friend, neighbour, colleague or all of the above. We all want what is right for us, and the people we love - this is what self management is all about.



Find out more

Visit www.selfmanagement.scot
today for more information

