NHS

Great Yarmouth and Waveney North Norfolk, South Norfolk Norwich, West Norfolk Clinical Commissioning Groups

For heartburn or indigestion ask your pharmacist

By caring for yourself you help to save valuable NHS ££'s which can be spent on life saving treatments.



#Selfcare

www.selfcareforum.org



Great Yarmouth and Waveney North Norfolk, South Norfolk Norwich, West Norfolk Clinical Commissioning Groups

Please don't ask your GP for medicines which can be bought at the pharmacy



For hay fever, bites and stings ask your pharmacist

By caring for yourself you help to save valuable NHS ££'s which can be spent on life saving treatments.



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For aches, pains, coughs and colds ask your pharmacist

By caring for yourself you help to save valuable NHS ££'s which can be spent on life saving treatments.



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