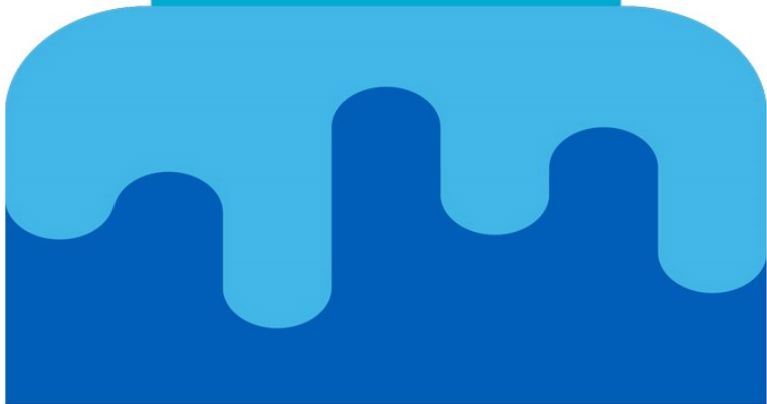


NHS70



Help celebrate
the 70th birthday
of the NHS



Dear NHS,

For your birthday I pledge to...

- Get active or keep active
- Eat a healthy, balanced diet
- Give feedback (good or bad) on NHS services
- Quit smoking
- Volunteer for a good cause
- Attend cancer screening & immunisations I'm offered
- Give blood and/or join the organ donation register

Or, my pledge:

Your name _____

Your town/village _____

Your email _____

I am happy to be contacted by the NHS about local health issues, services and updates on NHS70.

Yes No

Pledge online at: enhertsccg.nhs.uk/NHS70



A Healthier Future
Improving health and care in Herts and west Essex