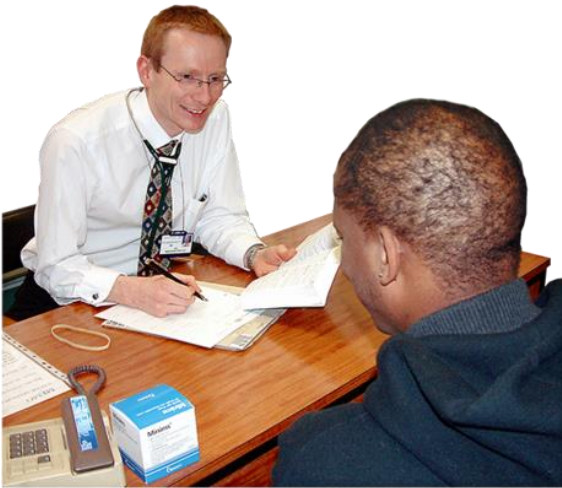# Do you have a learning disability?
Are you 14 or older?

Then you can ask reception for an

Annual Health Check

The health check helps to makes sure you are well and checks for any problems.

Some illnesses hide, so it is important to
Check It Out and Stay Alive!

To find out more please visit our website at
www.hertfordshire.gov.uk/ldmyhealth

Check it Out!
Its your health

NHS

eQUALITY
for people with learning disabilities

Hertfordshire