



The Self Care Exchange

Chronically Online

Exploring the role of digital tools and face-to-face services in health and wellbeing.

**Friday
28 November
11am – 3pm
Leeds Kirkgate Market**



[Bit.ly/LSH25](https://bit.ly/LSH25)

Opportunities to connect, reflect and celebrate the Leeds health and care community.

Mental Health

Physical Health

Sexual Health

Free Confidential Sexual Health Drop-in

**Contraception
Information and Support**

**Including HIV and
Syphilis Blood Tests**

Information on PrEP

Pregnancy Testings

Advice on Vaccinations