

HOW ARE **YOU** PLAYING  
   **#yourpart**  
**to be healthier?**



Scottish Borders  
Health and Social Care  
PARTNERSHIP





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*Play **#yourpart** by...  
...keeping healthy and active.*

 **#yourpart**





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*Play **#yourpart** by...  
...using the right service at the  
right time for the right thing.*

 **#yourpart**





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*Play **#yourpart** by...  
...accessing and supporting  
services in your community.*

 **#yourpart**



“Get involved....”

 **#yourpart**

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