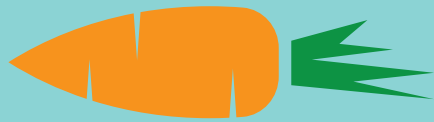


# Self-Care for life



## SCwE

Self-Care Week Europe  
12 - 18 November 2018

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#### What is self-care?

A learned tool enabling people to maintain health and to cope with illness and disability. Along with better health literacy it also supports optimal and timely use of available health services while avoiding a total dependency upon them for minor ailments.

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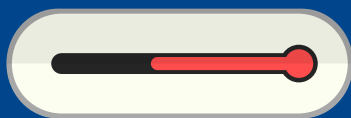
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