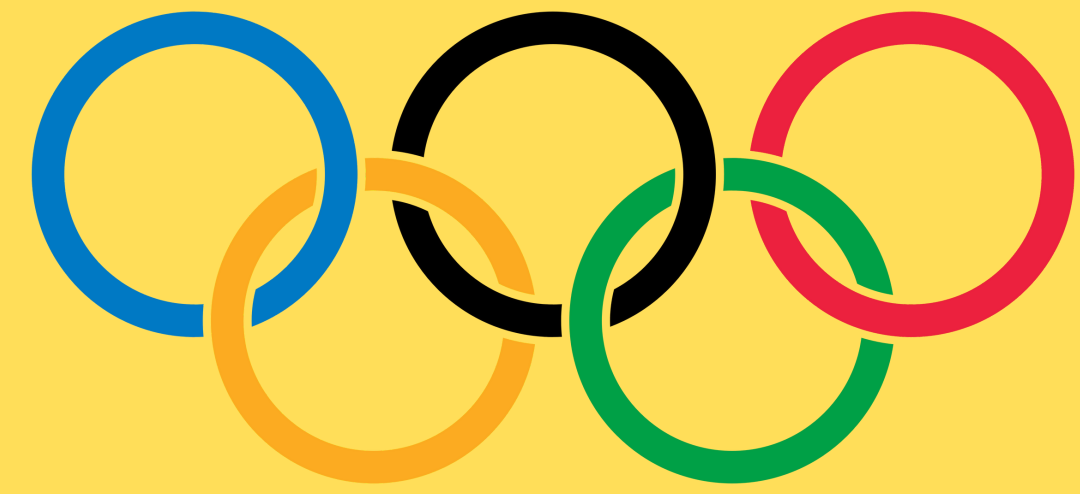


2023 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS

01 June- 14 July 2023



The Challenge- Host Your Own Olympic Style Event, and Get Those in Your Care Active and Moving. Compete Against Fellow Providers to Be Our 2023 Olympic Champions!

Our Chance to Promote Physical Activity for Staff and Those in Our Care:

- Fight Deconditioning
- Reduce Risk of Major Illness
- Improve Self-Esteem and Mental Health
- Reduce Risk of Dementia
- Improve Mobility and Reduce Risk of Falls



Limber Up, Get in Shape, Share Great Practice and Have Fun



To Sign Up Follow Please Contact sam.varo@nhs.net