

NHS Knowledge and Library Services

10 BOOK TITLES 30 DIGITAL RESOURCES

Your Health Collection

You can get the books at the library and ask the library staff to get you the online resources.

This could help you improve your health including:

- Ageing well
- Recovering from illness
- Men's health
- Women's health and menopause
- LGBTQ+ Trans life
- Eating well and moving more
- Pain management

