



ON AIR

Stay Well, Stay Connected **RADIO SHOW!**

Tune in with **Carol Baig** and **Hayley Ross**
on the second Monday of each month
from 1300-1400 on **SHMU 99.8FM**

**Centered on ways to keep people connected
within their community.**

This will include signposting to local opportunities,
focusing on monthly health and wellbeing topics as
well as fun and lively discussions.



**Stay Well
Stay Connected**



Aberdeen City
Health & Social Care
Partnership
A caring partnership

