

keep active

#sparklethroughwinter



The background of the entire page is a photograph of a person's arm and hand holding a drink. The person is wearing a dark long-sleeved shirt and a watch. The drink is in a clear plastic cup with a white mesh sleeve. The scene is set outdoors with a bright sun in the background, creating a warm, golden glow. The bottom left corner of the image is obscured by a red, torn-edge graphic.

**enjoy
the
sunshine**

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**keep
warm**

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A young girl with long brown hair is on the left, holding a large ear of yellow corn on the cob. She has a thoughtful expression. To her right, a woman with dark hair is smiling and taking a bite from her own ear of corn. They are outdoors, with a blurred background of trees and a building. The bottom of the image is a solid red area containing text.

County Durham
drug and alcohol
recovery
services

eat well
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**try
something new**
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**connect
with other
people**

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talk it through



stick to your care plan

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