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Health and Wellbeing	<p>Right now, it's important to look after yourself. Keep active both indoors and out with free classes and activities. Visit Glasgow Life's special Working Out From Home website for tips on getting started. www.myglasgow.club/customer</p> <p>It's important that we take the time to look after our mental health too. Find advice and tips for better mental health. https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/five-ways-to-better-mental-health</p> <p>Health and Coronavirus COVID 19 information is available in Easy Read and British Sign Language (BSL) versions and in other languages including Arabic, Chinese, Slovak, Hindi, Polish, Romanian and Urdu https://www.nhsinform.scot/translations</p>



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