

SNAP A SELFIE IN A PHARMACY AND **WIN** A SPA BREAK FOR TWO

Struggling with cold or flu symptoms?
Pop into a pharmacy and speak to a
pharmacist for expert advice.



Whilst you're there, snap a selfie to be in
with a chance of winning. Two lucky runners-up
will win a £100 voucher to stock up on pamper treats.

TO ENTER:

1. Take a selfie in a pharmacy
2. Upload your selfie to www.facebook.com/TYBHealth or tweet it to [@TYBHealth](https://twitter.com/TYBHealth)
3. Include [#treatyourselfbetter](https://twitter.com/hashtag/treatyourselfbetter)
4. Nominate someone else in your post/tweet to qualify for the competition



Competition closes on 28th February 2015.
Visit www.facebook.co.uk/TYBHealth for full
terms and conditions.



Antibiotics DO NOT help common ailments.
Visit www.treatyourselfbetter.co.uk to find
out how you can self-treat cold and flu symptoms.

