**Emails you can send about NURSING YOU to friends, health champions, employers**

*To health champions and employers:*

I’ve found a programme that’d be great to start here at [insert name].

Designed by nurses for nurses, charity C3’s NURSING YOU programme draws on C3’s global nursing expertise to engage nurses in becoming healthy lives champions. They do this by supporting nurses in:

* improving their own health;
* promoting health and prevention among their patients, families, colleagues and communities;
* and advocating for chronic disease prevention locally, nationally and internationally.

I’d love to meet with you to chat about this more. You can visit [www.c3health.org/nursing-you](http://www.c3health.org/nursing-you) for more information, including:

* Access to resources
* A free app exclusively for nurses

*To friends*

I’ve started an exciting programme and could use your support! We all know what it’s like to be too busy nursing others to look after ourselves…Today I decided to take the first step and start looking after myself, too. Will you join me?

Designed by nurses for nurses, charity C3’s NURSING YOU programme draws on C3’s global nursing expertise to engage nurses in becoming healthy lives champions. The best way you can support me is by joining me! Visit [www.c3health.org/nursing-you](http://www.c3health.org/nursing-you) for more information. They have great resources and a free app exclusively for nurses.