



“We are delighted to join the many initiatives organised around International Self-Care Day. This is an annual event not to be missed, where you can learn more about the benefits of self-care. Staying healthy as a society starts with each of us. At AESGP, we work together to make this possible, ensuring that everyone in Europe has access to safe products, health education, and support to appropriately and effectively treat and prevent minor illnesses and common conditions themselves, avoiding unnecessary visits to the doctor. This is also the spirit that drives our #ISCD22 campaign – the Self-Care Summer School.”

**Jurate Svarcaite**  
**AESGP Director-General**  
**International Self-Care Day #ISCD22**

