

# [Www.leedscommunityhealthcare.nhs.uk/carehomes](http://www.leedscommunityhealthcare.nhs.uk/carehomes)

we swallow food and liquids when eating, of course, but also we swallow saliva thousands of times every day without thinking about it

[www.leedscommunityhealthcare.nhs.uk/carehomes](http://www.leedscommunityhealthcare.nhs.uk/carehomes)

**[leedscommunityhealthcare.nhs.uk/smoking](http://leedscommunityhealthcare.nhs.uk/smoking)**

[leedscommunityhealthcare.nhs.uk](http://leedscommunityhealthcare.nhs.uk)

[www.leedscommunityhealthcare.nhs.uk/training](http://www.leedscommunityhealthcare.nhs.uk/training)