



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

DO YOU LOOK AFTER SOMEONE?

If you regularly care for a relative, friend or neighbour who could not manage without your help and you don't get paid for it then you are a **Carer**



Whatever your caring role, it is important to look after your own health too

The 'Introduction to Looking After Me' Session Is designed just for you

You will explore:

- Looking after your health
- Managing and balancing your Caring role
- Relaxation techniques

This virtual session is an opportunity to look at your caring role and learn how making some small changes can make a difference to your life.

This is a **FREE NHS** session and runs for just 2 hours. It is open to Carers over the age of 18.

Our next available courses are:
Friday 21st August, 10am-12pm
Thursday 27th August, 10am-12pm



For more information or to book your place please contact EPP before 7th August on 01554 899035 or email us at

eppcymru.hyweldda@wales.nhs.uk

Instructions will be provided once booking is confirmed on how to access the course virtually