

DO YOU LOOK AFTER SOMEONE?

If you regularly care for a relative, friend or neighbour who could not cope without your help and you are not paid for it then you are a Carer



Whatever your caring role, it is important that you look after your own health as well.

The 'Introduction to looking after me' session

Is perfect for you.

You will explore:

- Look 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 lasts 3 hours only. Available to Carers over the age of 18.

**The next courses available are:
Wednesday 7th October 10am -1pm
Thursday 15th October 10am -1pm**

For more information or to book your place, please contact EPP before Wednesday 30th September on 01554 899035

Instructions on how to access the course will be provided once registered.