

NWL Carers Information & Advice
SUNDOWN CARERS
FREE YOGA SESSION Wed 24th February
The Marlene Reid Centre, Coalville
5.30pm to 7.30pm



Do you look after someone you care about: a friend, neighbour or relative?

Do you work and not have much free time to find help and support in your caring role?

The NWL Carers Information Service is here to help, support and advise you in your caring role.

Come along to a free and fun yoga session with refreshments and good company! (Remember to wear comfortable clothing!)

To book a space and for further information please call Sarah or Bev on 01530 510515

