



## CARERS TRUST - LIVE WORKSHOP -

### RELAXATION AND SELF MASSAGE

Mon 9<sup>TH</sup> Nov 20 @11.30AM-12.30pm

**ALL CARERS in the SOUTHERN TRUST  
AREA ARE WELCOME!**

**POP ON FOR OUR LIVE WORKSHOP  
and A BIT OF CRAIC!**



## Keeping Connected - Keeping in Touch!

**Please email [rallen@carers.org](mailto:rallen@carers.org) to receive your  
link to Join Us for our Live Workshop!**

**Looking forward to meeting YOU!**

**You will receive a zoom link by email for the workshop**