





CARERS TRUST - LIVE WORKSHOP - RELAXATION AND SELF MASSAGE

Mon 9TH 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 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



Quality Care - for you, with you

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