

Invitation to relax.
Workshop for
parent carers



Tuesday 9th June
10am-12.30pm
Ware Priory, High
Street, Ware, SG12 9AL.

If you're a parent carer join us for a relaxation workshop followed by lunch - part of our Carers Week celebrations. You will learn how to relax your muscles, meditate using guided visualisations and get breathing techniques.

(Please wear comfortable clothes and bring a mat and pillow.

We can help with the cost of transport and alternative care to enable you to attend.

*Making
Carers Count*

**For parent carers of children aged 0-19. Booking required: Call 01992 58 69 69
or email: contact@carersinherts.org.uk**

Find out more about our services and courses for carers at www.carersinherts.org.uk