

# Carers Week: Wellbeing Day

A relaxing day spent with other carers. Enjoy yoga, crafts, seated exercise, mini massage, and a sociable get-together over lunch. All completely free.

13 June 2019



Carers are  
the bedrock

Supported by

 Hackney



10am-3pm

St Joseph's Hospice

Mare St, E8 4SA

To book call:

020 8533 0951