



PERSONAL CARE AND WELL-BEING

We are committed to supporting carers on their journey. Attend our upcoming workshop designed to:

- Empower you with tools and techniques for self-care.
- Provide a supportive space to share experiences with other carers.
- Offer guidance on managing the diverse needs of those you care for.

**TUESDAY 25 TH FEBRUARY 2025
10 : 30 AM - 12 :00 PM**

655 Barking rd. E13 9EX (Age UK East London Offices)

If you can't make the visit join us on Zoom!

Zoom Details [HTTPS://US06WEB.ZOOM.US/J/86004636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761

OFFER

**“Free gift for
10th person to
join”**

For more information:

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