

# SELF CARE FOR CARERS

**YOUR WELL-BEING MATTERS JUST  
AS MUCH AS THE PERSON YOU'RE  
CARING FOR.**

Caring for someone else can be deeply rewarding, but it can also be exhausting. It's important to remember that taking care of yourself is not a luxury; it's a necessity.

Discover self-care techniques to provide the best care for your loved one while maintaining your own health.

**Tuesday 29th April 10:30 am - 12:00 pm**

**at 655 Barking Rd, E13 9EX  
(Age UK East London Offices)**

**0203 9543 143**

**[info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)**

**Book your space now!**