

## Carers Wellness & Information Day

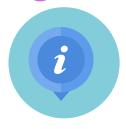
## Thursday 30<sup>th</sup> October Open from 10.30am to 2pm

Gaywood Church Rooms, Gayton Road, King's Lynn PE30 4DZ

- Information Stands FREE Refreshments (including cake!)
- FREE professional wellness sessions including Hand Reflexology, Seated Indian Head Massage & Foot Reflexology











We look forward to welcoming Unpaid Carers of all ages and the people they care for to this FREE event in Kings Lynn. Offering Carers information and advice from local organisations and wellness sessions. For more information please contact **info@carersvoice.org** or **07506 768405** 



