



Carers
Wellbeing Day

www.richmondcarers.org/carerswellbeingday

Do you care for someone who couldn't manage without you?

Carers Wellbeing Day is a free event where you can:

- ***Find out about local carers' services at the 'Information Market Place'***
- ***Have an NHS health check, delivered by a local pharmacist (criteria apply)***
- ***Meet other local carers***
- ***Enjoy a free 'Wellbeing Workshop'***

**Wednesday 12th June 2019, 10am-2pm
York House, Richmond Road, Twickenham**

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or call 020 8867 2380**



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**Richmond
Carers
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