

WELLBEING & RELAXATION TASTER SESSION



DO YOU SUPPORT A FAMILY MEMBER, FRIEND OR NEIGHBOUR? SOMETIMES FIND IT TOUGH TO GET TIME OUT FOR YOURSELF OR OVERWHELMED BY RESPONSIBILITIES?

If yes, you may be an unpaid carer and could benefit from this free wellbeing taster session and other services

WEDNESDAY 6 MARCH

11am - 1pm at the Birmingham Buddhist Centre:
11 Park Road, Moseley, B13 8AB



Rest and reset your mind with guided relaxation breathing techniques, body-based movement activities and a morning focusing on your own wellbeing, with others in similar situations.

REGISTER FOR THE EVENT BY CALLING: 0121 437 0033
OR BY EMAIL: activities@ageukbirmingham.org.uk