Age UK Birmingham and the Carers
Project at the Birmingham Buddhist
Centre are working together to offer:



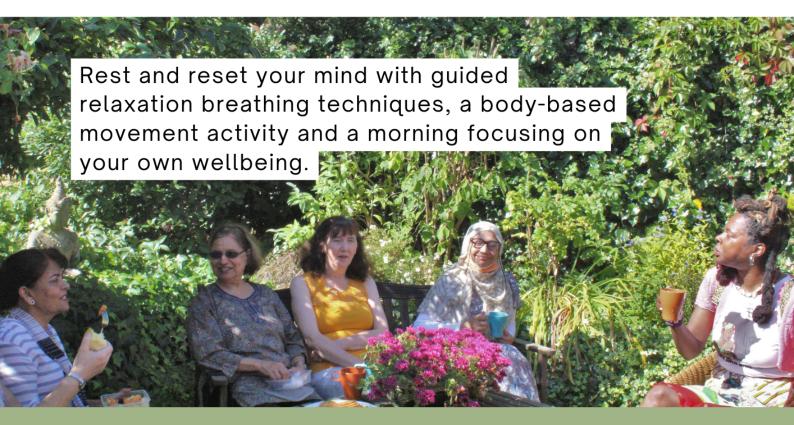


WELLBEING & RELAXATION TASTER SESSION

FOR UNPAID CARERS IN BIRMINGHAM

WEDNESDAY 29 NOVEMBER

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



The Birmingham Buddhist Centre is a delivery partner of Birmingham Carers Hub, running sessions and activities for unpaid carers for nearly 20 years. **The project is secular and welcomes all faiths, backgrounds and genders.** For more information about the project visit www.livingwellworkingwell.org.uk

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