

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

Rest and reset your mind with guided relaxation breathing techniques, a body-based movement activity and a morning focusing on your own wellbeing.



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](http://www.livingwellworkingwell.org.uk)

**REGISTER YOUR INTEREST BY CALLING: 0121 437 0033**  
**OR YOU CAN ALSO EMAIL: [activities@ageukbirmingham.org.uk](mailto:activities@ageukbirmingham.org.uk)**