



FREE MESSAGES FOR CARERS

Relax and Unwind

A £5
REFUNDABLE
DEPOSIT IS
REQUIRED TO
SECURE YOUR
BOOKING

Enjoy complimentary massages exclusively for unpaid carers. Take a moment for yourself!

FREE FOR CARERS



Friday 30th
January

Age UK East London Office, 655
Barking Rd, E13 9EX

Reserve your space at

INFO@NEWHAMCARERSCOMMUNIT
Y.ORG.UK
TEL: 0203 9543 143