



# HEALTH CONDITIONS THAT AFFECT CARERS

Discover the kind of conditions that affect the whole person: Mental Health conditions; Musculoskeletal problems: Chronic fatigue, cardiovascular disease.

Tips to help prevent and manage health conditions that could have an impact on your health or your ability to care for someone.

**IN PERSON:**  
**TUESDAY 19<sup>TH</sup> AUGUST 10:30 AM - 12:00 PM**  
**655 BARKING RD. E13 9EX**  
**(AGE UK EAST LONDON OFFICES)**

**ONLINE:**  
**ZOOM DETAILS**  
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