

Free Monthly Massage Sessions



Enjoy complimentary massages exclusively for unpaid carers.

Take a moment for yourself!

Reserve your space this month at:

INFO@NEWHAMCARERSCOMMUNITY.ORG.UK

TEL: 0203 9543 143

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



Jan 30

10am-5pm



Feb 27

10am-5pm

Mar 27

10am-5pm

