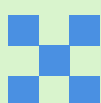


# NEW YEAR NEW YOU!

**ESSENTIAL SUPPORT AND RESOURCES FOR MENTAL WELLNESS IN CARERS**

**LIGHT REFRESHMENTS WILL BE PROVIDED**



## MINDFULNESS

Engage in practices that promote calmness, focus, and emotional clarity for carers.



## SELF-CARE

Prioritise your own health to ensure you are strong for those you care for.



## SET GOALS

Create achievable wellness goals and connect with others who understand your journey and share your experiences together.

**Tuesday 20<sup>th</sup> January 10:30 am - 12:00 pm**  
**655 Barking rd. E13 9EX**  
**(Age UK East London Offices)**

Zoom Details:

[HTTPS://US06WEB.ZOOM.US/J/86004636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761

**BOOKING IS FREE, CONTACT US:**

**[INFO@NEWHAMCARERSCOMMUNITY.ORG.UK](mailto:INFO@NEWHAMCARERSCOMMUNITY.ORG.UK)**

**020 39543143**

**EVENTBRIGHT**