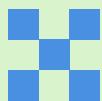


NEW YEAR NEW YOU!

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 20th 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

020 39543143

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