



Look Good, Feel Good *A Day for Carers in Croydon*

Thursday 17 June 2010
10am to 4pm

Folly's End Community Centre
5-9 Surrey Street, Croydon CR0 1RG



Are you looking after someone?

Come to a *FREE* day of pampering and activities for carers in Croydon.

- ♥ **Massage**
- ♥ **Manicure**
- ♥ **Hair styling / braiding**
- ♥ **Beauty make-over**
- ♥ **Eyebrow threading**
- ♥ **Painting workshop**
- ♥ **Yoga/Thai Chi session**
- ♥ **Singing workshop**
- ♥ **Chocolate fountain**
- ♥ **Refreshments and lunch**
- ♥ **Quiet area**
- ♥ **Information & advice on caring**



PLACES MUST BE BOOKED IN ADVANCE!

To book and for more information about access, crèche facilities and alternative care please contact:

Carers' Information Service
on 020 8649 9339

funded by Croydon Council