

**Are you juggling work
and caring responsibilities?
Need some 'me' time?**

WORKING CARERS EVENING GROUP

**Meet other carers and enjoy our free activities
(e.g. massage, pilates, art, 5Rhythms dance)
Open to working carers
Refreshments provided**

**When:
6.30 – 8.30pm every
2nd Tuesday in the
month**



**Where:
Carers Support Centre
24 George Street
Croydon CR0 1PB**

**To find out more
Contact ANDY LIEW
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