

# Supporting Carers to Stay Healthy and Connected

Join us to celebrate Carers Week 2018

at Dudley Carers Hub open day

Thursday 14<sup>th</sup> June 2018, 10.30am to 6.30pm

Drop in throughout the day

Come and join the events, activities, and  
complementary taster sessions

**Relaxation  
Therapies**



**Professional  
Advice Support**



**Healthy Eating    Health Checks    Mindfulness**



For more information please contact:

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