



Carers Week

14th June - 18th June 2010

A Life of my own

Carers Bromley are celebrating carers week by having a FREE event each day for carers:

Monday 14th June Meditation course

Tuesday 15th June Voice workshop

Wednesday 16th June Yoga

Thursday 17th June Walk & pub lunch

Friday 18th June Tea dance

If you would like more information or to take part in any of these activities please contact Carers Bromley Freephone Helpline 0800 015 7700

