



## **HELPING CARERS TO GET HEALTHY AND CONNECTED**

**Do you look after a family member or a friend?**

**Then come along to**

**Carers Café**

**Thursday 14<sup>th</sup> June – 10am to 1:15pm**

**At: The Church of Jesus Christ of Latter Day Saints,  
280 The Meadway, Reading, RG30 4PE**

**Offering support, advice and services available to you that could help you in your caring role.**

**Guest speakers from Solution4Health, Mindfulness, Alzheimer's and British Red Cross!**

**There will also be representatives from other organisations to talk with you to help you stay Healthy and Connected.**

**Refreshments available**