



Wellbeing Day *for carers*



The **Carers Wellbeing Initiative**
Ltd Company 8260659

and **Friends thru Cancer**

CWI Ltd is a charitable company reference number EW06825

Invite carers for a day of festivities, food, non alcoholic mulled wine, relaxation and social contact!

On Tuesday 11th December at The Pinehurst Holistic Health Centre, 3 Avondale Road, St Leonards on Sea
TN38 0SA from 10.30am start to 4pm finish

Our Wellbeing Day will allow carers to spend a one-off session involving a variety of taster therapy treatments individually, in partnership or as a group.

Reiki, Shiatsu, Reflexology, Essential oils, Hand massage, Foot massage, Auricular acupuncture, Indian head massage, and more.

To book or to find out more, call Susie on 01424 423 687

or email Andy at carers.wellbeing@gmail.com leaving your name and contact details.

PLACES ARE LIMITED, BOOKING IS ESSENTIAL.

Please note that a £5 contribution towards the cost of the event applies in all cases