

Carers Wellness Sessions

Are you supporting a family member or friend with a long-term health condition?

Join our FREE Carers Wellness sessions

Caring for someone with memory deterioration sessions include:

- ▶ Behaviours associated with memory problems
- ▶ Accepting the changes in the person you care for
- ▶ Understanding emotions of the person you care for
- ▶ Managing your emotions
- ▶ Simple tips and practical ways of coping

Session details

Tuesday 30th April 2024
1:00pm-2:30pm
Virtual Microsoft Teams

For further information and to book your place on a session please contact the Wellness Service.



Wellness: it starts with you



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