

Wisdom to Empower You!

– A Talk for Carers

on Friday 11th November, 2-3pm

with Award-Winning Author, Sara Challice

Sara shares her story, and then gives insight, strategies and solutions, to help you make simple changes and improve your own health and wellbeing.



www.whocares4carers.com

You Deserve to Enjoy Your Life!

To Register your place, call 020 8979 9662
or email enquiries@greenwoodcommunity.org.uk



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