



CEDAR MEWS

LUXURY CARE HOME IN LEICESTER

In partnership with



Finding your Caring Role Stressful?

Join us at Cedar Mews for our
Family Carers' Workshop

Wednesday 26th September, 2pm - 4pm

Our **FREE** workshop will give you the opportunity to meet with other Family Carers and experience ways to de-stress and relax your mind and body from the demanding role of Caring.

FREE
workshop!

To book, please contact Jeanette Silver - Age UK:
T: 01509 260327

Alternatively, contact: Cedar Mews Care Home
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