

Are you providing unpaid care to someone?

Do you feel tired, stressed or in need of a break?

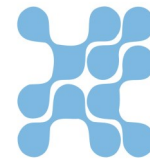
You may be entitled to a free Make a Difference break from caring to benefit your health and wellbeing.



Carers
in Hertfordshire

charity registration number 1085491

Making carers count



WORKING IN PARTNERSHIP WITH

sportspace

DACORUM SPORTS TRUST



Find out more at our

Make a Difference Information Day

Friday 31st March 2017

At SportSpace

Hemel Hempstead,

Park Road,

Hemel Hempstead,

Hertfordshire, HP1 1JS.

Drop in between

10am – 1pm

or 2pm – 4pm



There will be tours of the leisure centre, complimentary therapy tasters, demonstrations and more.

By attending you could win £100 John Lewis gift voucher in our free prize draw.

For more details please call: 01992 58 69 69

Email: contact@carersinherts.org.uk or visit

www.carersinherts.org.uk