



**derby
carers**

Information, Advice and
Support Service —

World Mental Health Day Wellness Event for Carers

Dates and time:

Saturday 10th October @ 1pm – 4:30pm

Venue:

Stay Well Health,
Chellaston, DE73 5XD

We are returning to Stay Well Health for more holistic health sessions to support you on World Mental Health Day.

- Tai Chi in the Studio 1.30pm – 2.30pm
- Relaxing Sound Bath 3pm – 4pm
- 20-minute individual hand massage tasters with Laura in the Therapy Room

Booking essential – please register for your preferred session.

To book or for more information,
call: **01332 315777**

or email:

derbycarersevents@derbyshirecarers.co.uk



Derby City Council



Derby and Derbyshire
Integrated Care Board