

# Bo'ness Carers Group

1st Wednesday of the month  
10.30 am to 12.30 pm  
Richmond Park Hotel, Bo'ness

## 2017 Programme

1 February	<i>Healthy Eating</i>
1 March	<i>History of Bo'ness Pottery</i>
5 April	<i>Steps to Deal with Stress</i>
3 May	<i>Carers Lunch</i>
7 June	<i>Managing Medication</i>
July	<i>No Meeting</i>
August	<i>Summer Outing</i>
6 September	<i>Local Support Organisations</i>
4 October	<i>Local History/Kinneil House</i>
1 November	<i>Evaluation/Programme Planning</i>
December	<i>Christmas Lunch</i>

***Are you caring for someone? Local carer groups provide an opportunity for carers to meet up, share information and have a short break from caring***

For further information, contact:  
Falkirk & Clackmannanshire Carers Centre  
Bank Chambers, 1a Bank Street, Falkirk, FK1 1NB. Tel: 01324 611510  
Email: [centre@centralcarers.org](mailto:centre@centralcarers.org)  
Website: [www.centralcarers.org](http://www.centralcarers.org)



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