

Larbert Carers Group

3rd Wednesday of the month
10.30 am to 12.30 pm
Larbert Library

2017 Programme

18 January	<i>Healthy Eating</i>
15 February	<i>Tai Chi</i>
15 March	<i>Managing Medication</i>
19 April	<i>First Aid</i>
17 May	<i>Visit to Lesley Banks Exhibit</i>
21 June	<i>Gentle Exercise</i>
July	<i>No meeting</i>
August	<i>Summer Outing</i>
20 September	<i>Cinema</i>
18 October	<i>Evaluation/Programme Planning</i>
15 November	<i>Craft</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:
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Principal Funders

