

Polmont Carers Group

2nd Tuesday of the month
10.30 am to 12.30 pm
Greenpark Community Centre

2017 Programme

10 January	<i>Healthy Eating</i>
14 February	<i>Community Policing</i>
14 March	<i>First Aid</i>
11 April	<i>Chair Yoga/Practical Massage</i>
9 May	<i>Local History</i>
13 June	<i>Gentle Exercise</i>
July	<i>No Meeting</i>
August	<i>Summer Outing</i>
12 September	<i>Jewellery Workshop</i>
10 October	<i>Evaluation/Programme Planning</i>
14 November	<i>Singing Workshop</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

