

Bo'ness Carers Group

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

2018 Programme

7 February	<i>Aromatherapy</i>
7 March	<i>Food Buddies</i>
4 April	<i>Tai Chi</i>
2 May	<i>Welfare Benefits</i>
6 Jun	<i>Sleep Well</i>
July	<i>No Meeting</i>
August	<i>No Meeting</i>
5 September	<i>Local History</i>
3 October	<i>Energy Efficiency</i>
7 November	<i>Evaluation/Programme Planning</i>
December	<i>Christmas Lunch (Date TBC)</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

