

Polmont Carers Group

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

2018 Programme

9 January	<i>Gentle Pilates</i>
13 February	<i>Food Buddies</i>
13 March	<i>Mindfulness</i>
10 April	<i>Local History</i>
8 May	<i>First Aid</i>
12 June	<i>Carers Act Update</i>
July	<i>No Meeting</i>
August	<i>No Meeting</i>
11 September	<i>“Show and Tell”</i>
9 October	<i>Evaluation/Programme Planning</i>
13 November	<i>Christmas Crafts</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

