



CARERS' WEEK 2017

Health and Wellbeing Day, Monday 12th June 2017

Opening Camden Carers Week with a spectacular afternoon of events, organised by The Health Team. A day for carers to explore how they can support their own health and wellbeing whilst having fun!

Carers Guided Walk around Kings Cross and Afternoon Tea, with Special Guest - 2.00-4.00pm

A chance for you to discover more about the great Borough of Camden before enjoying an afternoon tea – all lead by a very special guest.

Introduction to Getting Active, Healthy Eating, and Keeping Stress at Bay - 2.00-4.00pm

Take part in gentle and fun exercises with an introduction into how to build exercise into your everyday daily life, nutritional advice and a chance for you to explore and create tools for keeping stress at bay.

Suitable for all abilities

Exercise, Eat and Chat - 5.30-8.00pm

This session will consist of a series of stations where you can explore:

- * Techniques and exercises to improve posture
 - * Boxercise
- * Making your own sports drink
- * How to download and utilise health apps
- * Motivation for behaviour change
 - * And more!

We will also prepare and eat food together and it is a chance for you to meet and chat to other carers.

Suitable for all

