



# Feeling

For all registered carers

# Frazzled or Suffering from Fatigue?



Camden Carers invites you to a Health and Lifestyle Consultation which is an opportunity to have a chat about your physical and emotional wellbeing.

We offer advice on nutrition and exercise and are able to refer and signpost you to counselling and other various services within Camden Carers and across the borough.

We can assist you in setting a health goal and offer up to 3 months support to help motivate you and inspire you to achieve your goal.

For more information or to book an appointment,  
call: **020 7428 8950**  
or email: **health@camdencarers.org.uk**



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