

CHAIR based Yoga



For all registered carers



Chair based Yoga in your own home. Join Julie as she guides you through a gentle, calming and relaxing exercise. Treat yourself to "You time".

Date:

Time:

Location: ZOOM

*** Booking is required for EACH SESSION**

For more information or to book a place,
call: **020 7428 8950**

or email: **info@camdencarers.org.uk**

Please provide the following:

- Full name
- Name of event
- If you are registered with Camden Carers



Camden Carers is funded by London Borough of Camden and NHS Camden.
Camden Carers is a registered charitable incorporated organisation **1042757**.
The Greenwood Centre, 37 Greenwood Place, London NW5 1LB