



Pershore
Carers Group
Last Tuesday of the month
2.00pm - 3.30pm
Roland Rutter Court
Newlands
Pershore WR10 1BP

PROGRAMME 2009 Sept - Feb 2010

- September 29th** **Aloe vera. Presentation about the health benefits + products for sale (no obligation). Robin & Lenette Hancox.**
- October 27th** **Glass-painting. Have a go, on glass items or acetate windows/photo frames. Designs provided. Helen Lubin.**
- November 24th** **Bone healthcare & osteoporosis awareness. Annie Hartwright (Osteoporosis Society).**
- December 16th** **Christmas Lunch outing.**
NOTE WEDNESDAY
IN EARLIER WEEK
- January 26th** **Extend Exercises. Gentle keep-fit to music. Jenny Johnson.**
- February 23rd** *To be arranged*

Do you need help with respite sitters or transport?

For more information ring 01905 26500
or 0800 6523151

