

# Carers Relaxation Afternoon

## Friday 16<sup>th</sup> June 1-4pm

**FREE AND NO NEED TO BOOK!**

**Join us at:**

**Fairfield House**

**10 Altyre Road East,  
Croydon CR0 5LA**

**For an afternoon of  
relaxtion.**

**The afternoon includes:**

**Yoga**

**Manicures**

**Mindfulness**

**Tea & Cake**

**Goodie bags!**

