



**Scan to Book**

*horsham district  
wellbeing*

# Carers Wellbeing Afternoon



You're invited to a free afternoon just for **carers**.  
Step away, recharge, and enjoy a range of  
wellbeing-focused activities.

- ✓ One-to-one Health 'MOT's'
- ✓ Mini Massage
- ✓ Sports Activities Including Archery
- ✓ Holistic Stretch and Wellness Sessions

**Friday 20<sup>th</sup> March | 1 PM – 4 PM**  
*Strawford Centre, Horsham*

## Reserve Your Place