UNPAID CARERS WELCOME SESSION

Date: Wednesday 27th April
Time: 2:00-4:30pm
Location: Southgate Leisure Centre

In support of Active April, GLL has created a membership offer for members of Carers UK and anyone who is in receipt of Carer's Allowance. As part of this we will be hosting a welcome session and free activities across the day. Sessions on offer are as follows:
2-3pm & 3-4pm- Free Swimming
3-4pm- Basics Pilates
4-4:30pm- Welcome Session & Refreshments

Book online and via the Better UK app

carersUK
making life better for carers

Carers Active April

BETTER

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