



Helping Carers Care

*For anyone who helps
look after a relative or friend*

**CARERS
WALKING GROUP**



*Come along and join the group.
Enjoy the fresh air, meet other carers,
while improving your health and fitness.*

Walks take place:
**once a month
on a Wednesday**

Please ring for more details:
(01924) 305544



Wakefield & District Carers Association
is a Company Limited by Guarantee Registered in England No. 3143673
Charity No. 1053295

February 2012



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