

Free course for Carers in Carnon Downs



Location **South West, Cornwall**
<https://www.freeadsz.co.uk/x-350989-z>



FREE course for anybody who is an unpaid carer for a family member, friend or neighbour for example, at Carnon Downs Village Hall at 2pm on Monday afternoons. The course includes some gentle exercise sessions, guided discussions, adapted tai chi, relaxation and mindfulness, followed by refreshments. This service is free as it is funded by the CRCC and delivered by the team at the Core Health Consultancy in Truro. Contact us at Core Health Consultancy, email click to contact or telephone 01872 300261 01872 3002...(click to reveal full phone number) or mobile 07887688789 078876887...(click to reveal full phone)



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