

# CARING FOR CARERS



MARCH  
17

**Relaxation & Posture: An  
introduction by Suzanne  
McCollum**

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for carers



**FREE  
ENTRY**

The Heatons Centre, Thornfield Rd, Heaton Moor, Stockport SK4 3LD

**Contact [nicola@rescare.org.uk](mailto:nicola@rescare.org.uk) to book your place**