

FREE CARERS' WORKSHOPS

Do you need to unwind and recharge?

**A woodland walk for unpaid carers with
mindful sketching to soothe frazzled
senses, followed by the chance to enjoy
refreshments and chat around
the campfire.**

**Monday 10th May
10:00-12:30
Tuesday 18th May
10:00-12:30
Monday 24th May
2:00-4:30
Friday 4th June
10:00-12:30
(Near Heathfield)**

**No drawing
skills required**

**TO BOOK OR FOR MORE INFORMATION,
CONTACT MELISSA KOSAR 07801272998
lostwoodsworkshops@gmail.com**

covid-19 restrictions will be followed