

FREE RETHINK CANCER AWARENESS TRAINING FOR CARERS FEBRUARY & MARCH



rethink.org

Rethink
Mental
Illness.



Our Training Workshops all begin at 10am and include:

Quiz , Prizes , Presentation & Discussions, Healthy Lunches !

Confirmed venues are:

Dorchester: Saturday 18th February - .

Weymouth: Friday 10th March .

Bridport: Saturday 11th March

Shaftesbury Feb/March—exact date TBC

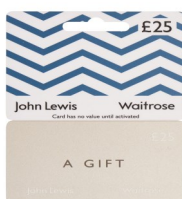
Gillingham Feb/March— exact date TBC

Walk and Talks

Thorncombe Woods, Dorchester, Friday 17th March -discussion and healthy Lunch

Wimborne area - March— exact date TBC - discussion and healthy Lunch

Prizes of up to £50 in store gift cards for use in shops like Waitrose & John Lewis where winners could purchase a new exercise mat , running shoes , a fitness tracker watch or to just buy some delicious and healthy food shopping.



TO BOOK / RESERVE YOUR PLACE PLEASE

Email us at: dorsetcarers@rethink.org