

ST LUKE'S DAY HOSPICE

TIME 4 YOU



Would you like to take some time out?
Enjoy lunch with other carers?

Time 4 You is a 1 day course held over 6 weeks in the Day Hospice lounge

Morning sessions include:

**Practical Help on caring for someone at home
Who's who in the community and what they do
Nutritional Demonstration
End of Life Care**

Lunch is included at the end of each session

To register for your free place contact Nurse Manager, Day Hospice, St Luke's Hospice, Tele No: 01268-524973 ext 204