



NMC Carers Week

7th to 12th of June 2021

at the NeuroMuscular Centre

Woodford Lane West, Winsford, Cheshire, CW7 4EH

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Carers Week - 7-12th June 2021

Mon 7th June	Tues 8th June	Wed 9th June	Thur 10th June	Fri 11th June	Sat 12th June
<p>⌚ 11.00 - 12.00</p> <p>Carers keep fit with Jake and Ashleigh</p> <p>In the NMC Marquee</p>	<p>⌚ 11.00 - 12.00</p> <p>Mindfulness In the Meadow with Kay</p>	<p>⌚ 11.30</p> <p>GameChangers Event for Parent Carers</p>	<p>⌚ 11.00 - 12.00</p> <p>Pebble painting</p>	<p>⌚ 11.00- 12.00</p> <p>Yoga in the marquee</p>	<p>⌚ 10.00 - 12.00</p> <p>Thank you Coffee morning</p>
<p>⌚ 12.30 - 1.30</p> <p>Shared lunch</p>	<p>⌚ 12.30 - 1.30</p> <p>Shared lunch</p>		<p>⌚ 12.30 - 1.30</p> <p>Shared lunch</p>	<p>⌚ 12.30 - 1.30</p> <p>Shared lunch</p>	
<p>⌚ 1.30 - 3.30</p> <p>Gardening in the NMC Grounds and Greenhouse</p>	<p>⌚ 2.00 - 3.00</p> <p>Mindfulness In the Meadow with Kay</p>	<p>GameChangers Event for Parent Carers</p>	<p>⌚ 1.30 - 3.30</p> <p>Walk with Matthew</p> <p>Meet at NMC Return for refreshments</p>	<p>Connect Up with friends and family</p>	
	<p>⌚ 4.30 - 6.30</p> <p>BBQ</p>				