



Derbyshire
Carers
Association

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A background image showing a person with long dark hair lying down, reading an open book. A small white dog is curled up next to them. The scene is softly lit, creating a relaxed atmosphere.

Relaxation Techniques

Weds 10th Nov @ 1.30pm

Most of us have experienced that peaceful feeling when we feel relaxed. But when you're busy, finding time for relaxing activities may not be easy.

You know when relaxation is no longer part of your normal routine when someone asks you what you do to relax, and you can't think of anything! If that's you, then this workshop is for you. We'll look at the benefits of mental and physical relaxation and practice some techniques.

We will explore activities that you may not have thought of and by the end of the session you will have some activities that you can start using today that suit your lifestyle.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: **katie.matkin@derbyshirecarers.co.uk**