

# **FREE Nutrition workshop for carers**

Would you like to live a healthier lifestyle but don't know where to start? Come along to this session and get advice from a registered nutritionist.

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**Friday 13 March  
10.30am-1.30pm**

**Withington Methodist Church  
439 Wilmslow Rd, Withington,  
Manchester M20 4AN**

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Travel expenses and replacement care costs can be provided

To book, please contact:

 0161 834 6069

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 [www.manchestercarersnetwork.org.uk](http://www.manchestercarersnetwork.org.uk)