

Carers Week 2021

Time	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
10am				10am - Relaxation session	
10.30am	10.30am - Creative Visualisation				
11am					11am - Dairy alternatives – are they healthier?
11.30am				11.30-12.30 Munira Wilson event	
12pm	12pm - guided meditation 15m				
12.30pm			12.30pm - Keep your distance carers		12.30pm - guided meditation 15m
1pm					1-2pm - Gong Therapy
1.30pm				1pm - Food additives – which are essential and which are hazards?	
2pm			2pm - guided meditation 15m		
2.30pm	2.30pm - A Healthy Lifestyle – what are the essentials?		2.30pm - Local History talk - Richmond Local History Society		
3pm					3pm - Gut Health - how can we maximise it?
3.30pm					
4pm	4pm - Getting the most out of food - strengthening digestion and absorption		4pm - Type 2 Diabetes – how can it be managed?		
4.30pm		4.30pm - Reach Out			4.30pm - Speak Up
5pm		5pm - Water – why is it such an important nutrient?			
5.30pm					
6pm					
6.30pm					
7pm	7pm - Relaxation session	7pm - Superfoods – what are they?	7pm - Osteoporosis - How can we avoid the risks?		
7.30pm					
8pm					
8.30pm		8.30 - Guided meditation 30m			