

Carers Health and Wellbeing Fair for Camden and Islington

Wednesday, June 8th 10.30am to 3pm

at Centre 404



Enjoy a day of pampering, relaxation and a chance to unwind

- Makeup artists
- Independent Beauty Consultant
- Hula hoop sessions
- Mini facials, hand and arm massage
- Chair-based therapies such as Indina Head massage
- Mocktails stall serving non-alcoholic drinks
- NHS staff carrying out mini health checks
- Master Gardener stall
- Laughter yoga sessions
- Information stalls



6th-12th June

Entry is
FREE for
Camden or
Islington
carers



CENTRE 404

Islington
ageUK
ISLINGTON CARERS HUB
Supported by
ISLINGTON

- **CENTRE 404**
- 404 Camden Road, N7 0SJ
- tel 020 7697 1336
- www.centre404.org.uk
- **NEAREST TUBES**
- Holloway Road and Caledonian Road (Piccadilly Line)
- **BUSES**
- 29, 253 stop right outside
- 91, 17, 259 and 221 get off first stop in Caledonian Road southbound or last stop in Hillmarton Road northbound
- 43, 271 and 153 get off next to Waitrose in Holloway Road

