



Carers Central

Unpaid Carers

Free Wellbeing Workshops

Carers Central in partnership with Total Wellbeing Luton will be running workshops that will focus on how to take simple steps to look after their own emotional and physical wellbeing. This event is free and available to anyone over 16 years old living, working, studying in Luton, Central Bedfordshire & Milton Keynes.

To book your place email Levi Habashanti: levi.habashanti@drccbeds.org.uk

**Thurs 12th June
2025 : 1pm to 4pm**

**Location: Luton Central
Library, St Georges
Square**

Luton


Luton
Clinical Commissioning Group

**Total
Wellbeing**

Luton



**Disability
Resource
Centre**

0300 303 0201

www.carerscentral.org.uk

carerscentral@drccbeds.org.uk

Carers Central is a free service provided by The Disability Resource Centre funded by Luton Council in partnership with NHS Luton Clinical Commissioning Group. The Disability Resource Centre is a registered charity no. 1041712.