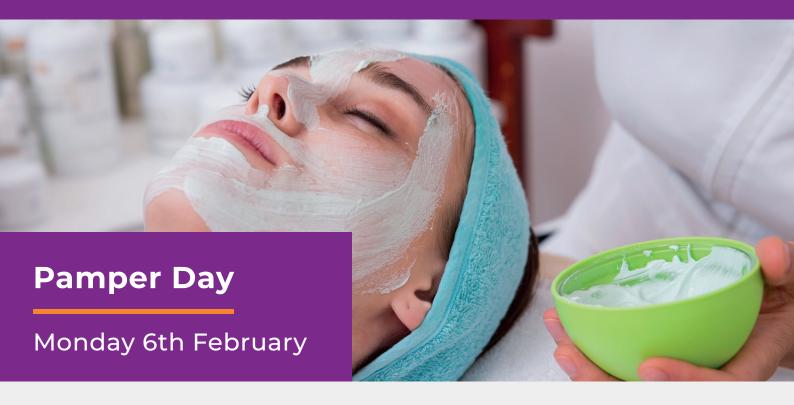


Derbyshire Carers Association

01773 833 833 info@derbyshirecarers.co.uk www.derbyshirecarers.co.uk



Treat yourself this February, with a **30 minute treatment** at our Pamper Day. Cakes and hot drinks will be provided, along with the chance to stay & chat to other Carers.

Hilton Village Hall
Peacroft Lane
Derby
DE65 5GH

## **Monday 6th February**

10am - 2pm

## Treatments include:

- · Back massage
- · Head massage
- Reflexology
- Facial
- Hand massage
- Reiki
- Back, neck & shoulders massage
- Legs remedial
- · Deep tissue massage
- Sports massage
- Relaxation massage

A therapist will also be on hand to recommend rehabilitation exercises and nutrition.

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







