

# Winter workshops at Richmond Carers Centre

## Relaxation techniques, monthly sessions on a Tuesday, from 10am-12noon

Giorgia Pontet is a regular workshop facilitator at Richmond Carers Centre. Since autumn 2018, Giorgia has been running guidance sessions about techniques to help you cope better with stress levels, focusing on mind, body and spirit. The following can be attended as stand-alone sessions or, if you wish to practise at home and would like to review your technique, you may wish to come to a further session.

**6th November & 4th December 2018; 8th January & 5th February 2019**

**The following are led by Bernadette Dancy, PhD, who will give practical tips for supporting better mental and physical health.**



## Lifestyle interventions for stress management

Learn about the body's stress response, why it can be harmful to your health and how small lifestyle changes can reduce the damaging effects of stress. **Tuesday 15th January 2019, 10am-12noon.**

### Sleep

A good night's sleep is at the heart of good physical and mental health. At this workshop learn about the importance of getting enough sleep, as well as strategies to improve your sleep quality.

**Tuesday 29th January 2019, 10am-12noon.**

### Nutrition for health

This workshop is designed to teach you the basics of good nutrition. It will also show you how to make practical changes to your eating habits in order to improve your health without 'going on a diet'. **Tuesday 12th February 2019, 10am-12noon.**

### Physical activity for health

Gentle exercise can improve muscle strength, mental health and cardiovascular health, to name but a few. Find out more about the benefits of exercise and how to exercise safely at home.

**Tuesday 26th February 2019, 10am-12noon.**

Booking is essential for all workshops.  
For more information or to book a place on one of these workshops,  
please call **020 8867 2380** or email **info@richmondcarers.org**