

CARERS YOGA

Face-to-face

Elevate your wellbeing with our transformative yoga classes FREE to unpaid carers registered with WIRED.

There is also the opportunity to stay for a hot drink and chat after the session is finished with one of our Carer Link Workers.



Every Tuesday, 11am-
12:30pm



All Things Must Pass
Centre for Wellness, 140b
Borough Road, Wallasey,
Wirral, CH44 6NH

How to book...

wired.me.uk/carers-support/our-events/



0151 670 0777



cws@wired.me.uk

Wired
Putting You First

CARERS YOGA

Online

Elevate your wellbeing with our transformative online yoga classes FREE to unpaid carers registered with WIRED.



Every Tuesday, 11am-12:30pm



Zoom: Meeting ID: 771
767 3139
Passcode: 1008



How to book...

wired.me.uk/carer-support/our-events/



0151 670 0777



cws@wired.me.uk

Wired
Putting You First