



**NEW GROUP
STARTS ON MONDAY THE
22ND OF FEBRUARY**

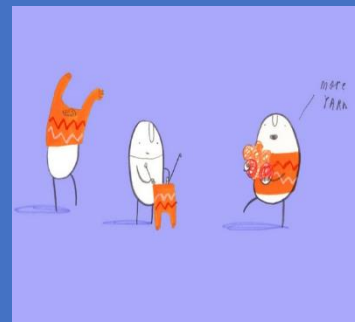
QUIZ AND ACTIVITIES

**VIRTUAL CLUB FOR CARERS IN
FIFE**

EVERY MONDAY 2-3.30PM



CREATIVE ACTIVITIES



**RUN BY VOLUNTEER BEFRIENDERS,
QUIZES AND ACTIVITIES OF YOUR CHOICE,
MONTHLY PROGRAM PROVIDED IN ADVANCE,
JOIN US FOR A HAPPY AND RELAXED TIME.
TO JOIN OR FOR MORE INFORMATION PLEASE CONTACT SYLWIA
AT sylwia.nadolny@fifecarers.co.uk or 07736 909692**

GAMES GENTLE EXERCISES



GUEST SPEAKERS AND MUCH MORE