

# Let's Talk Carers – Look Good Feel Good Session Tuesday 4th April 2023

## Let's Talk Carers

Our monthly session for Belfast Trust Staff who are also unpaid family carers.

**Topic: Me time : Look Good, Feel Good Session**

Using products from your pre- delivered pack

This on-line session facilitated by Jennifer will feature and provide:

- An introduction to the benefits of a skin care routine
- The benefits of Lavender oil and aromatherapy for self-care
- Ending with a short relaxation
- 1.5hrs to rejuvenate



To register, please follow the link  
<https://forms.office.com/e/8z6AcZ838T>