

## **First Aid for Carers – Evening Session**

This session is being provided by The Red Cross and will focus on how to cope with a Heart attack, Stroke or Breathing emergency. The meeting will be held on **Thursday the 5<sup>th</sup> of October from 6-8.30pm.**

This session will be held in **Link Up Room G3 on the ground floor in St Margaret's House, 151 London Road, Edinburgh, EH7 6AE.** G3 is on the left hand side of the main front door, next door to the Swap Shop.

If you are interested in coming along please let me know by phoning Care for Carers office on 0131 661 2077 or by emailing [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

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