

**Unpaid Carers**

**Moving and Handling Training**

These sessions are for unpaid family Carers who want to gain knowledge and learn skills in moving and handling techniques, to keep themselves and the person they care for safe.

**On**

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| **Tuesday 29th April 2025** |
| **Wednesday 9th July 2025** |
| **Monday 13th October 2025** |
| **Monday 2nd February 2026** |

**At**

**Sterling Centre**

**Milton Walk**

**Doncaster**

**DN1 3QG**

**from 10am to 1pm**

Please ring **Toni on 01302 736576** to book a place.