

Partnership working...

Sickle Cell Patient-and-Carer Training (PaCT) programme

TWO WEEK COURSE

Free

2010

Monday 20th September

Monday 27th September

*Patient
and Carers
Training
Course*

VENUE

Conference Room
15 Broadwater Rd
Tooting
London
SW17 ODS

Registration 6pm
Class 6.30pm - 7.30pm

*1 hour class
*Refreshments

Full Circle's Patient-and-Carer-Training (PaCT) Programme is a FREE TWO-WEEK course for carers and people living with Sickle Cell Disorder.

This course focuses on a range of strategies for stress management including evidence-based relaxation exercises, visualisation and easy-to-learn Hand Reflexology techniques. Classes are taught by Full Circle Fund's Advanced Reflexologist and Yoga trainer Gabriele Steen, MAR, MIGHT, MATL.

Classes are chair-based. We recommend you wear warm, comfortable, loose fitting clothing.

Places are limited so reserving your place is essential.

Funded by Full Circle Fund and Merton Sickle Cell and Thalassaemia Group. Venue courtesy of Wandsworth Sickle Cell and Thalassaemia Support Group.

CONTACT:

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Above: Full Circle Fund's PaCT programme. Summer 2009