

# Mental Health Carers' Forum

Join us to learn more about the correlation between mental health and physical health, the importance of physical health checks, and the benefits of a nutritional diet.

The guest speakers are carers Yvonne and Marie. Yvonne is a qualified mental health nurse and Marie is a qualified Medical Herbalist. They will give a presentation and answer carers' questions.

**When: Tuesday 7th January 2020  
10.30am - 12.30pm  
(coffee/tea from 10am and a light sandwich lunch at the end.)**

**Where: Oxlease House, Travellers Lane,  
Hatfield, Herts, AL10 8TJ.**



**Carers**  
in Hertfordshire

charity registration number 1085491

*Making Carers Count*

**For more information or to book your place:**

**Call: 01992 58 69 69**

**Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**Online: [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events)**

We can help with travel arrangements and alternative care costs to enable you to attend please contact us to discuss.