

Care For Your Health

The Carers Health and Wellbeing Project offers support and encouragement to carers to find ways of leading a healthier lifestyle and feeling happier and healthier.

Are you looking after another person who could not manage without that help because of sickness or disability? Then you are a carer.

Are you worried about your health, about your weight, drinking too much, smoking, not getting enough exercise?

Feel Good About Yourself

What Carers Leeds can offer

Ways of fitting
exercise into
your life

How to eat
more healthily

How to cut
down on alcohol

How to live
smoke free

How to manage
stress and anxiety

Information on
services & activities
available locally
and throughout Leeds

For more information about the service telephone
the **Carers Leeds Advice Line: 0113 380 4300**

6/8 The Headrow, Leeds, LS1 6PT

info@carersleeds.org.uk **www.carersleeds.org.uk**

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Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds. Carers Leeds is a LGBT friendly service. Carers Leeds is a Limited Company Registered No. 3242065; Registered Charity No. 1058706.


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