

# VETERANS COMMUNITY WELLBEING DAY



FREE afternoon retreat focusing on health & wellbeing in recognition of Shropshire Carers Week 2023

Wednesday 9th August, 2023  
10:00 am - 2:00 pm

**STEPS at the Cavalier Centre is holding a FREE special retreat to provide a much-needed breathing space for veterans, staff and carers.**

This wonderful retreat will include relaxation and mindfulness, a talk by a Farrier from the Household Cavalry, grooming and spending time with our friendly horses and ponies, a chance to ride Perry the Mechanical horse and conclude with tea, cake and scones.

**Pre-booking is essential as places are limited. Booking closes 31st July, 2023.**

**To book please contact:**

**Lynette Fryer at the Cavalier Centre**  
01952 443 752  
[projects@cavaliercentre.org.uk](mailto:projects@cavaliercentre.org.uk)

