

# Are you a Carer of someone with a life limiting illness?



**Want to learn new strategies that  
may help you stay calm and healthy  
in the face of stress, all from the  
comfort of your own home?**

**iCare is a four module online programme  
exploring techniques, meditations and  
practices that may help support you as a  
Carer. You'll be contributing to research  
to help other carers like you and it's all  
FREE!!**

For more details email  
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ring 07879 635456

