

Self care  
for carers



Make time  
for yourself



You are important



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To provide a poster resource which health professionals can use.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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