



**LET'S TALK CARE on the last Tuesday of each month;
in August we're talking about EATING WELL AS WE AGE,
along with Edinburgh Community Food**

Our research is clear – nutritional concerns are one of the main reasons people start to look into care for their loved ones and since talking about care can be an emotive topic, it helps to be well prepared for the care conversation.

So we're starting our monthly 'Let's Talk Care' series with **EAT WELL AS YOU AGE on Tuesday 29th August between 12.30pm and 1.30pm** in our training suite at Castlebrae Business Centre, Peffer Place, EH16 4BB.

And we're **delighted to have Edinburgh Community Food joining us** to talk about what they do and the Eating Well for Older People training courses they run.

We'd love you to join us whether...

- ✓ you care for a family member
- ✓ are starting to think about care for a loved one
- ✓ are curious about working in care, or
- ✓ it's for your own continuing professional development

At each of our monthly events there'll be...

- ✓ a short talk;
- ✓ opportunities to share your ideas &
- ✓ ask questions in a group setting or one to one

... dip in and out of these as best suits you and enjoy a snack lunch on us. We'd best make it a health one this time!

To register for this event and to find out more about other talks in our Let's Talk Care series **email andrew.senew@homeinstead.co.uk or call 0131 300 0599**. Let's Talk Care!