



**Free training
for
CITY Carers**



‘Moving and Positioning’

Wednesday 18th September 2019

10.30am—2.00pm

The Moving and Positioning course teaches the principles of physical movement and manual positioning of a person, how injuries are caused and how to prevent them and how to safely perform moving and positioning tasks

The course will be delivered by PerCurra Ltd at their training venue: 117 Trent Boulevard, Lady Bay, West Bridgford, Nottingham NG2 5BN. Public transport from City Centre, bus number 11 from Parliament Street or Angel Row

Refreshments and lunch will be provided

**Places are limited and must be booked in advance,
to book your place or for more information**