



QUEENS
MANOR

BARCHESTER HEALTHCARE

Eat well, stay hydrated and feel your best!

Wednesday 18th March

11am – 12pm

We invite you to join us at for our
Nutrition and Hydration Workshop, where Queens Manor Care Home you will
gain cooking tips and healthy tricks from our trained chefs as well as fitness
tips from John our weekly fitness instructor
to support long term health and happiness!

Please contact 0131 339 9653 to RSVP



Queens Manor Care Home

565 Queensferry Road, Edinburgh, EH4 8DU

Tel: 0131 339 9653 • www.barchester.com

Residential Care • Dementia Care • Respite Breaks