



SCHEDULE

GEELONG

WE WELCOME ANY CURRENT CARER TO REGISTER TO ATTEND THIS CARER WELLNESS PROGRAM DAY IN GEELONG. YOU ARE MOST WELCOME TO ATTEND ANY OR ALL OF THE ACTIVITIES OVER THE 2 DAYS, ONE SESSION ON ITS OWN, OR STAYING OVERNIGHT. TALK TO US ABOUT HOW WE CAN HELP MAKE IT WORK FOR YOU

<i>Tuesday</i>	<i>Activity</i>
10.30AM	WELCOME AND INTRODUCTIONS
11.00AM	CREATIVE WORKSHOP CREATE AN ARTWORK BASED ON OUR GOALS – GUIDED BY NICOLE
12.00NOON	FOOD FOR THOUGHT – FOOD FOR OUR SOULS A WORKSHOP OVER LUNCH WITH CARERS VICTORIA
1.30PM	RELIEVING THE PRESSURE PRESSURE CARE IS SO IMPORTANT. HEAR TIPS AND IDEAS FOR REDUCING THE RISK OF PRESSURE AREAS WITH THE OT TEAM FROM THE BARWON MND CLINIC.
2:30 PM	LET'S GET OUT AND WALK
3.30 PM	FREE TIME
5.30PM	HAPPY HOUR – WELCOME MOCKTAIL (PURCHASE ADDITIONAL DRINKS FROM THE BAR)
6.30PM	DINNER WITH A CONVERSATION LET'S HAVE A CONVERSATION ABOUT CONVERSATIONS. WE WILL THINK ABOUT THE DIFFICULT CONVERSATIONS AND THE BENEFITS OF HAVING THEM, WITH RUSSELL ARMSTRONG, SUPPORTIVE CARE WORKER (SPIRITUAL) WITH BARWON HEALTH
<i>Wednesday</i>	<i>Activity</i>
8.30AM	BREAKFAST ESTHER MCMILLAN FROM PALLIATIVE CARE ADVICE SERVICE WILL BE OUR GUEST FOR BREAKFAST. NO QUESTION IS OFF THE TABLE. LET'S TALK AND LEARN
9.30AM	COME AND TRY TAI CHI

THANK YOU TO OUR SUPPORTERS WHO HAVE HELPED MAKE THIS PROGRAM POSSIBLE.

