



SCHEDULE

MELBOURNE

Thursday	Activity
5.00PM	<p>HAPPY HOUR (PURCHASE YOUR OWN DRINKS FROM THE BAR) INCLUDING WELCOME AND INTRODUCTIONS</p>
6.30PM	<p>DINNER WITH A CONVERSATION DR SARAH VELISSARIS, SENIOR CLINICAL PSYCHOLOGIST FROM CALVARY BETHLEHEM WILL JOIN US FOR DINNER. SARAH HAS A SPECIAL INTEREST IN COGNITIVE CHANGES IN MND</p>
Friday	Activity
	<p>BREAKFAST WHEN YOU'RE READY</p>
9.30AM	<p>MOVEMENT TO MUSIC IF YOU LIKE TO DANCE, THIS IS A GENTLE MOVEMENT CLASS WITH DANCE DYNAMICS</p>
10.15AM	<p>MASSAGES, MORNING TEA AND MASTERPIECES</p>
12.30PM	<p>FOOD FOR THOUGHT – FOOD FOR OUR SOULS A CONVERSATION OVER LUNCH WITH BETH BRADHURST, MND COUNSELLOR</p>
2.00PM	<p>MINDFULNESS WITH TOBY TOBY WALLACE WILL INTRODUCE THE CONCEPT OF MINDFULNESS FOR RELAXATION AND LEAD A SESSION</p>
3.00PM	<p>NGV TOUR – IAN POTTER GALLERY, FED SQUARE</p>
4.30PM	<p>A FINAL COFFEE</p>
5.00PM	<p>FAREWELL PICK UP TAKE AWAY ON YOUR WAY HOME</p>

WE WELCOME ANY CURRENT CARER TO REGISTER TO ATTEND THIS CARER WELLNESS PROGRAM
 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