



## SCHEDULE

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### LAUNCESTON

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

Wednesday	Activity
1.00PM	WELCOME AND INTRODUCTIONS
	CARERS LUNCH JOIN MIMI CHURCHILL, OCCUPATIONAL THERAPIST, AS WE EXPLORE WAYS TO MAINTAIN INDEPENDENCE OVER A LOVELY LUNCH A CHANCE TO CONNECT WITH OTHERS, TAKE TIME OUT AND LEARN NEW SKILLS
	TIME OFF
4.30PM	PAINT AND SIP HAVE YOU ALWAYS WANTED TO TRY YOUR HAND AT A BIT OF ART? JOIN US FOR THIS RELAXED, GUIDED ART ACTIVITY. YOU WILL BE SURPRISED AT YOUR OWN CREATIVITY.
6.30PM	DINNER AND DISCUSSION JOIN LAUREN GILES, NEUROLOGIST FOR AN EVENING OF GOOD FOOD AND GOOD CONVERSATION. LEARN MORE ABOUT MND IN A RELAXED ATMOSPHERE
Thursday	Activity
9.00AM	COME AND TRY TAI CHI
10.30AM	CARERS WORKSHOP
11.30AM	WALK AND TALK WE'LL CLOSE OFF OUR PROGRAM WITH A GENTLE WALK THROUGH RIVERBEND PARK