

2026 CAREERS RETREAT PROGRAM

Thursday 30th April

5:00PM

Happy Hour in the Foyer Bar

6.30PM

Dinner

Reflecting, Reimagining and Relaxing
Conversations led by Andrea Salmon and
Beth Bradhurst from MNDV

Friday 1st May

Breakfast in Hotel Restaurant

9.30AM

Movement to Music Session (Optional)

10.30AM

Massages and Art

Participate in a low key, fun art activity with Jeanette
and also enjoy a short neck and shoulder massage
as well as morning tea

12.00PM

Advanced Care Planning (Australia)

Be informed & equipped for this potentially difficult
conversation. The benefits, how to start it and how to
create a plan.

1.00PM

Lunch

2.00PM

Back Care for Carers

Rachel Taylor, physiotherapist, will provide tips and
tricks for transfers while protecting your back

4.00PM

Guided Tour of the Arts Centre
(including a sneaky drink to end the day)

5.00PM CLOSE