



SCHEDULE BALLARAT

WE WELCOME ANY CURRENT CARER TO REGISTER TO ATTEND THIS CARER WELLNESS RELAXATION DAY IN BALLARAT. THIS PROGRAM HAS BEEN DESIGNED TO GIVE YOU A WHOLE DAY OF SELF CARE AND RELAXATION, BUT YOU ARE MOST WELCOME TO ATTEND EVEN IF YOU ARE UNABLE TO BE THERE FOR THE WHOLE DAY.

Time	Activity
9:45 AM	ARRIVAL AND WELCOME MOCKTAIL
10:00 AM	WELCOME & INTRODUCTIONS
10:30 AM	ART
11:00 AM	MORNING TEA SERVED
11:15 AM	THE ART OF CARING & CARING FOR OURSELVES
12:30 PM	LUNCH
1:30 PM	THE ART OF RELAXING (ATTEND THREE SHORT SESSIONS) – INTRO TO YOGA – INTRO TO MINDFULNESS – MASSAGE (NECK AND SHOULDER OR HAND MASSAGE)
3:45 PM	CLOSING REMARKS AND PLANS
4:00 PM	FAREWELL

THANK YOU TO OUR SUPPORTERS WHO HAVE HELPED MAKE THIS DAY POSSIBLE:

