



SCHEDULE

MELBOURNE

WE WELCOME CURRENT CARERS TO REGISTER TO ATTEND THIS WELLNESS PROGRAM RIGHT IN THE HEART OF MELBOURNE. PARKING AVAILABLE OR COME BY PUBLIC TRANSPORT. YOU ARE MOST WELCOME TO ATTEND ANY OR ALL OF THE FREE ACTIVITIES OVER THE 2 DAYS; ONE SESSION ON ITS OWN, MULTIPLE SESSIONS OR STAYING OVERNIGHT. THIS IS A FREE EVENT. TALK TO US ABOUT HOW WE CAN HELP MAKE IT WORK FOR YOU

Wednesday 24th	Activity
10.30AM	WELCOME AND INTRODUCTIONS
11.00AM	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.
12.00NOON	CARERS LUNCH KATE BARBER, COUNSELLOR, WILL HELP US EXPLORE; KEEPING YOUR BATTERIES CHARGED
	TIME OFF OR TIME FOR A MASSAGE
6.00PM	DINNER AND DISCUSSION DR THANUJA DHARMADASA, NEUROLOGIST AN UPDATE ON MND – AND AN OPPORTUNITY TO ASK YOUR QUESTIONS ANDESTHER MCMILLAN-DRENDEL, PALLIATIVE CARE ADVICE SERVICE HOW THINKING AHEAD IS A POSITIVE APPROACH
Thursday 25th	Activity
10.30AM	IF YOU'RE INTERESTED WE'LL HEAD OUT TO THE ATSA INDEPENDENT LIVING EXPO AT THE SHOWGROUNDS. DRIVE YOURSELF OR COME BY TRAM AND LEAVE FROM THERE WHEN YOU'VE HAD A LOOK AROUND