



## SCHEDULE

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### HOBART

WE WELCOME ANY CURRENT CARER TO REGISTER TO ATTEND THIS CARER WELLNESS PROGRAM IN HOBART. 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

<i>Monday</i>	<i>Activity</i>
10.00AM	WELCOME AND INTRODUCTORY ACTIVITY A LITTLE BIT OF CREATIVITY TO START THE DAY, LED BY JEANETTE MORTON, CONVERSATION AND LAUGHS ENCOURAGED
12.00NOON	CARERS LUNCH JOIN A CONVERSATION ABOUT COMMUNICATION AND NUTRITION WITH KATE GREGORY OVER A LOVELY LUNCH A CHANCE TO CONNECT WITH OTHERS, TAKE TIME OUT AND LEARN NEW SKILLS
	TIME OFF FOR: A WALK, A MASSAGE, A SLEEP OR SOME SHOPPING
5.30PM	HAPPY HOUR*
6.30PM	DINNER AND DISCUSSION AN EVENING OF GOOD FOOD AND GOOD CONVERSATION. LEARN MORE ABOUT MND RESEARCH IN A RELAXED ATMOSPHERE
<i>Tuesday</i>	<i>Activity</i>
10.00AM	COME AND TRY TAI CHI
11.30AM	TOUR THE MND RESEARCH LAB AT MENZIES

\*This is the only activity where we're not covering the cost