



SCHEDULE

CHIRNSIDE PARK

WE WELCOME CURRENT CARERS TO REGISTER TO ATTEND THIS WELLNESS PROGRAM IN MELBOURNE'S OUTER EAST LESS THAN AN HOUR FROM MELBOURNE
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

| Thursday | 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 JOIN MITCH COWAN, OT AS WE EXPLORE HOW TO BEST SUPPORT PEOPLE DIAGNOSED WITH MND |
| 1.30PM | CARERS WORKSHOP JOIN NICOLA FROM HOME INSTEAD FOR A CONVERSATION ABOUT COORDINATED CARE |
| | TIME OFF OR TIME FOR A MASSAGE |
| 6.30PM | DINNER AND DISCUSSION CARERS VIC PROVIDE SUPPORT FOR CARERS THROUGHOUT VICTORIA |
| Friday | Activity |
| 9.00AM | COME AND TRY – PILATES, TAI CHI OR GENTLE EXERCISE |
| 10.30AM | CARERS WORKSHOP 2 – TBC |
| 11.30AM | WALK AND TALK WE'LL CLOSE OFF OUR PROGRAM WITH A GENTLE WALK BEFORE HEADING HOME |