



Caring for Yourself

Join us for morning tea and listen to our guest speaker

Helen Carr
Carers Australia VIC

Do you take better care of the person you are caring for than yourself?

If the answer is yes, you are invited to our Carers Australia Vic workshop where we will

explore why your health and wellbeing are important. We will also discuss

and share strategies to help you care for yourself.

WHEN: Monday 23 July 2018, 10.00am – 12.00pm

VENUE: MCRI (attached to Royal Children's Hospital) – meet in the MCRI foyer at 9.45am and we will go up to the room as a group.
Meeting Room (12p) – WL5.2.63 – Williamson Room

RSVP: Wednesday, 18 July 2018: events@swanaus.org.au
or text Heather on 0404 280 441 and please let me know your coffee order!