

CARING FOR YOURSELF

FREE workshops for carers by Carers Victoria
in partnership with Sunbury Community Health

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

If the answer is yes, you will benefit from this workshop where we will explore why your health and wellbeing are important.

We will discuss and share strategies to help you care for yourself.

Topics will include

- Why caring for ourselves is so important
- What stops us caring for ourselves?
- Some strategies to help us care for ourselves

BOOKING INFORMATION

To secure your place, please phone Education Services on 1800 242 636 or email education@carersvictoria.org.au and quote event #6355.

CARERS VICTORIA

T 1800 242 636

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www.carersvictoria.org.au

 /carersvictoria  @carersvictoria

When

Wednesday 18 September 2019

Time

12.00pm to 2.00pm

Workshop two hour duration

Where

Sunbury Community Health
Lotherington Room
12-28 Macedon Street
Sunbury

Cost Free

Refreshments provided