

# RELAX AND UNWIND IMPROVE YOUR WELLBEING

FREE workshops for carers by Carers Victoria

Do you sometimes feel like your brain is spinning?  
Are you feeling tired and stressed?

Caring can contribute to increased tension and fatigue.

This workshop will explore some simple techniques to help you relax. Incorporating some of these strategies into your daily or weekly routines can assist you to improve your sense of wellbeing.

## Topics will include

- Explore how relaxation helps reduce stress and improve wellbeing.
- Choose relaxation activities to suit individual needs.
- Plan for regular relaxation.

## BOOKING INFORMATION

To secure your place, please phone Education Services on 1800 242 636 or email [education@carersvictoria.org.au](mailto:education@carersvictoria.org.au) and quote event #6083.

## CARERS VICTORIA

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## When

Thursday 14 November 2019

## Time

10.00am to 12.00pm

Workshop two hour duration

## Where

Carers Victoria

Level 1, 37 Albert Street

Footscray

## Cost Free

Refreshments provided

## Car Parking

Available at Footscray Plaza

Paisley Street, Footscray

[www.carepark.com.au/find-a-care-park/footscray-plaza](http://www.carepark.com.au/find-a-care-park/footscray-plaza)