

RELAX AND UNWIND - IMPROVE YOUR WELLBEING WORKSHOP

FREE workshop for carers by Carers Victoria in partnership with Sunbury Community Health and supported by Hume City Council

Do you sometimes feel like your brain is spinning?
Are you feeling tired and stressed?
Caring can contribute to increased tension and fatigue.

This is a practical workshop exploring some relaxation techniques and a craft based activity. Giving you an opportunity to explore a sense of what best relaxes and helps you unwind. No prior creative or craft skills required.

WHO SHOULD ATTEND

The workshop is open to all families and carers, particularly those wanting to explore a variety of strategies for relaxation.

TOPICS 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, visit www.carersvic7245.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7245.

When Wednesday 13 May

Time 10.00am - 12.00pm
Workshop two hour duration

Where

Hume Global Learning Centre
Meeting Room 3
44 Macedon Street
Sunbury

Cost Free
Refreshments provided

CARERS VICTORIA EDUCATION SERVICES

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