

MUSIC AND SELF CARE

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

Music can affect your mood, energy levels and physical health

This workshop will give you tools to choose music that makes you feel good and meets your needs (no solo singing required!).

WHO SHOULD ATTEND

The workshop is open to all families and carers, especially those interested in music, and how it can increase capacity for self-care.

TOPICS INCLUDE

- The place of music in our lives
- How does music help?
- Choosing music that is good for body, mind and spirit

BOOKING INFORMATION

To secure your place, visit www.carersvic7240.eventbrite.com.au or for further information please phone Tracy Sparks, Sunbury Community Health on 9744 9227 or Education Services at Carers Victoria on 1800 514 845.

When Wednesday 20 May

Time 12.30pm - 2.30pm
Workshop two hour duration

Where
Sunbury Community Health
Lotherington Room
12-28 Macedon Street
Sunbury

Cost Free
Refreshments provided

CARERS VICTORIA EDUCATION SERVICES

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