



CARERS VICTORIA INVITES ALL CARERS TO THE FREE CONNECTING CARERS VIRTUAL EXPO

Come along and connect with local healthcare services, providers and community organisations, and take part in fun and informative online activities and events.

The expo will be a great opportunity to:

- › Listen to expert speakers on relevant topics
- › Connect with local service providers and peak bodies
- › Find new information to assist you in your caring role
- › Enjoy fun activities and events
- › Learn new ways to boost your health and well-being

Register Now

Visit www.carersvictoriaevents.org.au
or for further information phone
the Events Team on 1800 514 845.

Expo Schedule

MONDAY 30 NOVEMBER

Day 1 will focus on **Connecting to Systems** where you'll gain knowledge about the Carer Gateway, the NDIS, carer benefits, aged care and more.

TUESDAY 1 DECEMBER

Day 2 is all about **Connecting to Well-being**. It'll be a fun day of health and wellness events, fun activities and ways to connect with others including carer support groups.

The expo will feature a jam-packed schedule of presentations and panel discussions.

Topics include self-care, carer support groups, carer benefits, navigating systems such as the Carer Gateway and NDIS and more. Plus try activities such as mindfulness and meditation, Bollywood dance, Zumba and stretching.

Carers Victoria

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