

# MUSIC AND SELF-CARE

A FREE online workshop for carers by Carers Victoria

## 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.carersvic7714.eventbrite.com.au](http://www.carersvic7714.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #7714.

### When

Tuesday 9 February 2021

**Time** 1.00pm - 2.00pm

Online workshop one hour duration

**Where** Online event via Zoom

Access details are sent via email after registration

**Cost** Free

### CARERS VICTORIA EDUCATION SERVICES

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