



MEAL WITH MASSAGE

For
WORKING CARERS

Join us for a light meal and a three minute neck and shoulder massage to relieve the stress of the working day!!



Once you have relaxed we can talk about some ways that you can care for yourself whilst caring for a loved one!!

We will hear about physical and emotional well being.
Look at healthy nutrition and lifestyle.
Leave with your own personalise Action Plan for
Health & Wellbeing as a Carer

**Please join us to meet other working Carers
and share ideas!!**

Date: 6-8pm Wednesday 30th June 2010
At: Carers SA 58 King William Rd, Goodwood SA
RSVP: by 28 June call **1 800 242 636**