



**WANT TO
RECONNECT
BUT NOT SURE HOW?**

**THIS COULD BE JUST
THE THING FOR YOU!**



Exciting opportunity for people with a disability, chronic condition, seniors and unpaid carers. And its free!

Join us for carer information, activity sessions and mobility-friendly chair yoga.

We would love to meet you in person however due to the current high level of COVID infections, sessions will initially be held online via Zoom. If you need assistance to access an iPad or laptop and to use Zoom, let us know.

When safer to do so, we hope to move to face-to-face sessions at the Newport Community Hub, and if needed, continue online for those unable to attend in person.

Registration essential for both chair yoga and carer sessions.

To help Carers Victoria tailor sessions that are relevant for carers, you will be asked to complete this short five question, anonymous survey. www.surveymonkey.com/r/ParKanDoCarerSurvey

When Fridays

Commencing 18 February 2022

Time 10.30am - Mobility friendly Chair Yoga. All welcome.

11.20am - Carer information and activity sessions. Carer specific.

Where Initially online via Zoom
When safer, Newport Community Hub, Mason Street Newport

Cost Free, morning tea included

BOOKING INFORMATION

To secure your place, visit www.carersvic8637.eventbrite.com.au or for further information please phone Pam 0417 690 335. For queries about the bookings process please contact events@carersvictoria.org.au.

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