

PLEASE JOIN US

**Carer
Wellness
Lunches**

Launceston & Hobart

Are you the carer of someone living with MND?

Take some time away from the every day to meet other carers to relax, eat, chat and create. In Launceston we'll create an art work and in Hobart we'll create a handsewn Christmas decoration with Wildstitch. We would love to see you at either;

Peppers Silo Hotel

28 Seaport Boulevard,

Launceston, TAS.

Tues 15th October

11.30am - 2.30pm

The Old Woolstore

1 Macquarie Street

Hobart, TAS.

Wed 16th October

11.30am - 2.30pm

These are FREE program offered in Carers Week,
supported by the TAS Government, MND Tas & MNDV
Register using the QR code or call 9830 2122



Self-care is giving the world the best of you, instead of what's left of you

- Katie Reed