

Carer Connections

Term 2 program



Enjoy some time out with other carers just like you!

Saturday 3 May

Wombat Bend walk to Westerfolds Park and return.

- Meet at Ajani Neighbourhood House at 2pm. Walk finishes at 4pm, back at Ajani Neighbourhood House at 5pm
- BYO afternoon tea
- **Please call office on 9850 3687 to book transport by 30 April**



Saturday 7 June

Enjoy a relaxing yoga and guided meditation session.

- Meet at Ajani Neighbourhood House at 2pm, finish at 5pm
- Yoga mats and afternoon tea supplied
- **Please call office on 9850 3687 to book by 30 April**



Saturday 6 July

Heide Museum of Modern Art


- Meet at Ajani Neighbourhood house at 1pm
- Afternoon tea provided
- **Please call office to book on 9850 3687 by 2 July - only those with bookings can attend**



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This group is for carers in Manningham only as it is funded with a grant from the Manningham City Council