



# YOUR WELLBEING

## Family Carers' Day Out

This free event is for those family members who care for someone with an intellectual disability in their own home. Come and meet others and make new connections.

Come to a special day created just for you.

**When:** 3 April 2020

**Time:** 9.30am–2.30pm

**Where:** Burnside Bowling Club, 330 Avonhead Road, Christchurch

**Hear about:**

- Dressing with confidence
- Healthy eating on a budget
- Making your voice heard

**Take part in workshop on:**

- Respite opportunities.

Come and meet other carers and make new connections.

A light lunch will be provided, and free off-street parking is available.

Be in quick to register as places are limited. You must be a family member or care for a person with an intellectual disability in your own home.

**Contact:** Sheridan Myall, IHC Family-Whanau Liaison Christchurch,  
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