



# Carers Gathering

## Sebel Harbourside Kiama

Carers and their care recipients (over 65) are invited to apply to join us for a respite retreat at the Sebel Harbourside, Kiama. This beautiful venue overlooks the scenic Kiama Harbour and offers the perfect location to relax and spend time with other carers.

**Tue, 6 June - Thu, 8 June**

Let Carers ACT spoil you by providing two nights accommodation, meals and activities. Qualified support workers will be available to allow carers to take time out for themselves and enjoy activities such as yoga, music workshops, and meditation.



As places are strictly limited, carers are required to submit an application for participation.

APPLICATIONS CLOSE FRIDAY 19 MAY 2017

Please note: Applicants who are accepted will be required to pay a \$100 contribution to secure their place.

For more information, or to obtain an application form, please contact 6296 9900 or [RSVP@carersact.org.au](mailto:RSVP@carersact.org.au)

