

Carer Wellness Program

Bulli

This one day group session is designed to inform strategies to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.

Participants will be empowered to build self-care skills which improve quality of life in a caring role. An individual follow up session will be offered to review progress in achieving your goals.

You will gain knowledge in:

- dementia and its impact on your wellbeing
- strategies to improve and maintain your health and wellbeing
- how to access appropriate services and support.

Suitable for:

- Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.



When: Thursday 9th February
9:30am-3:00pm

Where: Bulli Community Centre
Downstairs Hall
328 Princes Highway
Bulli, NSW, 2516

Cost: FREE

Additional information:

Please register at
<https://cw09b.eventbrite.com.au>
or
contact Hanna Davies at
Hanna.Davies@dementia.org.au
for more information.

This program is funded by the NSW government.