

CARERS EVENTS APRIL – JUNE

FREE WORKSHOPS

SOUTH

Nutrition Workshop "Building a Healthy Pantry for Energy & Convenience"

29 April

10:00am – 12:00pm
Multicultural Hub,
Moonah

Gentle Yoga Workshop

8, 15, 22 and 29 May

1:00pm – 2:00pm
Venue TBC

Mindfulness for Adults with ADHD and People with Busy Minds

20 and 27 May
3, 10, 17 and 24 June

10:30am – 1:00pm
Venue TBC

Alcohol and Other Drugs Information Workshop

12 June

10:00am – 11:30am
Care2Serve, 95 Albert Rd,
Moonah

NORTH

Chair Yoga & Massage Workshop

9, 16, 23 and 30 April

10:00am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

Nutrition Workshop "Integrative Nutrition Theory"

4 June

10:00am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

Alcohol and Other Drugs Information Workshop

17 June

10:30am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

NORTH WEST

Chair Yoga & Massage Workshop

7, 14, 21 and 28 May

10:00am – 12:00pm
UTAS Burnie (Room 242),
Cradle Coast Campus,
4–8 Bass Hwy, Burnie

Nutrition Workshop

11 June

10:00am – 12:00pm
Hive Tasmania,
50 Main Street,
Ulverstone

Alcohol and Other Drugs Information Workshop

18 June

11:00am – 12:30pm
UTAS Burnie (Room 165),
Cradle Coast Campus,
4–8 Bass Hwy, Burnie



Our workshops are funded by the Tasmanian Government Home and Community Care (TAS HACC) Program.

Caring for Older Tasmanians

In May and June, this year, we are running a series of workshops to help you navigate our free online resource, 'Caring for Older Tasmanians.' These sessions will cover essential topics, from having difficult conversations to understanding the aged care system—and more.

South

16, 23 and 30 May
6, 13 and 20 June (Fridays)
10:00am – 12:30pm
Care2Serve Office, Moonah
and Online

North

14, 21 and 28 May
4, 11 and 18 June
(Wednesdays)
2:00pm – 4:30pm
Blackstone Christian Centre,
Blackstone Heights and Online

North West

13, 20 and 27 May
3, 10 and 17 June (Tuesdays)
10:00am – 12:30pm
Care2Serve Office, Burnie
and Online

Statewide

13, 20 and 27 May
3, 10 and 17 June (Tuesdays)
7:00pm – 8:30pm
Online

Eligibility: You must be a current carer who is registered with Carer Gateway to join.
Please register your interest as spots are limited.

☎ 1800 422 737 (& press 1 at the menu) ✉ events@care2serve.com.au 🌐 care2serve.com.au/event-list