

Melton Neighbourhood Houses Presents Gentle Yoga and Meditation

**CARE
Melton
EXPO**



Come along to the Care Melton Expo and participate in a free, 20 minute yoga and meditation workshop that will have carers rested, relaxed and refreshed.

Join in and receive your complementary yoga mat to practice at home. Each workshop will have a maximum of eight participants, so bookings are essential.

Choose from the following times:

10.30am	12.30pm
11.00am	1.00pm
11.30am	1.30pm

WHEN: Thursday 13 October

WHERE: CARE Melton Expo
Melton Community Hall, Room 1
232 High Street Melton

COST: Free

Bookings: Contact - Sally
Ph 9747 7283
Email: communitycareinfo@melton.vic.gov.au



W: melton.vic.gov.au/CARE
P: 9747 7200

