

Villa Maria's Monash Carers Walking Group

Are you a Carer living in the eastern region of Melbourne, who would like to do regular exercise and meet other people with caring responsibilities?

Caring for somebody who is frail aged, has dementia, an acquired brain injury or mental illness?

Villa Maria's Monash Carers Walking Group may be just what you are looking for. After a walk, the group will stop for a cuppa and a chat at a local cafe.

Dates: 1st and 3rd Monday of each month
Time: 10am to 12 Noon
Cost: Buy your own morning tea

To join or to access the Carer Support Program in the eastern metropolitan region contact Villa Maria Access and Information Service on 1300 650 615.

Villa Maria supporting you in the community

Villa Maria Eastern Community Services
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VILLA MARIA