

**Thursday**

**25th June 2015**

10.00-10.30am Registration

10.30-3.30pm Event

Venue:

The Function Room (upstairs)

Mooloolaba Surf Club,

The Esplanade, Mooloolaba.

RSVP by Friday 19th June.

Please phone **5451 1882**

**CARERS QUEENSLAND**  
**Cnr Wrigley/Parker Sts**  
**Maroochydore**

P.O. Box 377  
COTTON TREE QLD 4121

Ph: 5451 1882  
8.30am – 5pm M-F

Carer Advisory Service:  
1800 242 636  
(free call except from mobiles)

[www.carersqld.asn.au](http://www.carersqld.asn.au)

# Sunshine Coast Carers Gratitude & Rejuvenation Day

A free day of gratitude, fun and relaxation

We warmly welcome you to join us in this facilitated day  
totally devoted to you and your wellbeing!  
You will leave feeling inspired and rejuvenated.



**Toni Powell is a fun and enlightening presenter who helps people find the joy of life through gratitude. This workshop for carers will be inspiring, informative, enjoyable and above all, simple and easy.**

**reduce stress : grow contentment : enjoy your life**

The day will finish with a gentle and relaxing Tai Chi for Health session overlooking the beautiful Mooloolaba beach.

Light lunch and coffee / tea will be supplied.

Please advise special dietary requirements when you RSVP.

Parking available in the car park near Underwater World at the Marina Wharf, Parkyn Parade, Mooloolaba

**FOR CARERS ONLY**

**LIMITED PLACES—PLEASE BOOK EARLY**

*Carers Queensland Sunshine Coast gratefully acknowledges the generosity of Mooloolaba Surf Club for their in-kind support.*