

**MARCH**

**Free Carers Support Session:**

# **Self Care – the importance of looking after yourself as a carer**

Facilitated by **Maureen Eadie, Program Manager**

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At The Hobart Clinic we recognise the importance of providing support and education to those who care for others. Holding it all together as the carer can be a challenge. Please join us for this free informative and interactive session, which includes a light supper and refreshments.

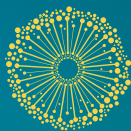
**RSVP by phone on (03) 6247 9960**

**or via email to: [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)**

**Wednesday, 4th March 2020**

**City: 1/175 Collins Street, Hobart**

**5:00pm to 6:30pm**



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

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