

# CARES Connection

**Carers Activity Recreation Exercise Social (CARES) Connection will offer free activity sessions for unpaid carers with time to mingle afterwards.**

**WHO: Unpaid carers who live, work or play in Knox and care for a family member with a chronic health condition, disability or mental illness**

**WHERE: Boronia Progress Hall, 134 Boronia Road, Boronia, 3155**



## Term 1 - TAI CHI

**Tuesdays between 1-3pm  
28th Jan - 1st April, 2025**

**-- Wear loose clothing & flat shoes --**



## Term 2 - YOGA

**Tuesdays between 1-3pm  
22nd April - 1st July, 2025**

**--Bring yoga mat & blanket--**



## Term 3 - DANCE

**Tuesdays between 1-3pm  
22nd July - 16th Sept, 2025**

**--Wear loose, comfortable clothing--**

**All fitness levels and experience welcome**

### Find out more:



**prevention@each.com.au**



**0475 005 349**

