



CARER ESCAPES PRESENTS



MEN'S DAY OUT

- FOR INFORMAL MALE CARERS -

GLENWORTH VALLEY

9AM-4PM SATURDAY 17 FEBRUARY 2018

Men's Day Out is an opportunity to recharge your physical and emotional health, share your caring experience and forge new friendships with men who understand.

KAYAKING - BBQ LUNCH - DRUMMING ACTIVITY



**"I was amazed how much we had in common and
look forward to our next catch up" - Don**

1.2 million Aussie men (approx. 10% of the male population) provide unpaid care & support to family members or friends who need help because of illness, disability or frail age.

ENQUIRIES PH:0404 682 738 EMAIL:hello@carerescapes.com.au

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