

MYRTLE COTTAGE

# Wellbeing and Pamper Day

*Live Social, Live Active, Live Well*

*The Body Shop  
Pamper gift pack*

**Date: 19th October 2019**

**Time: 11am to 1pm**

**RSVP for catering purposes:  
to Christine or Margaret by  
12th October 2019**



## AGENDA

- 11am—Welcome
- 11.15am—Guest Speaker  
Monique Morgan,  
Carrington
- Short term Respite
- 11.45am—Guest Speaker  
Vandita Nijhawan,  
Dementia Australia
- Understanding and  
responding to changed  
behaviour's
- 12.30pm—Lunch

### MYRTLE

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**NATIONAL CARERS WEEK 13-19 OCTOBER 2019**

