

# *Expressions of Interest*



- Do you care for someone with a mental illness?
  - Do you sometimes neglect your own physical health, looking after others?
- Would you like to improve your fitness, reduce your stress levels and better manage your health?
- and...just have some time out for yourself...

then...join us for the

## ***NEW MOVES FOR CARERS***

The program will be held at Gladesville, for carers in the Northern Sydney HACC Area.

Contact Kate Gill on 9879 2600 or [Kate.gill@sfnsw.org.au](mailto:Kate.gill@sfnsw.org.au)

to register your interest and discuss suitable times.

This program is funded by Northern Sydney Commonwealth Carelink Centre. There is no cost to participants.

