

# Come along



## Healthy Eating for Carers

**Do you want to learn about the benefits of a healthy diet?**

**Do you want to learn how to cook healthy meals on a budget?**

**Join us for a healthy eating workshop delivered by Daley Nutrition and walk away with some delicious quick meal options for the home.**

If you are a Carer living in the Melbourne's east or the local government areas of Casey, Cardinia or Greater Dandenong, who are supporting a person with Mental Illness, Autism or Intellectual Disability.

- Register your place via the link <https://www.research.net/r/5KMH22Z> by Monday 4 June, 2018. Places will be confirmed on Wednesday 6 June, via e-mail.
- Respite is available if required.

### **Cost**

Free for non-NDIS carers

If you have a care recipient with an active NDIS plan, you can attend at a cost of \$55

### **Date**

Thursday 14 June 2018

### **Time**

10am–2pm

### **Venue**

Old Cheese Factory  
34 Homestead Road,  
Berwick

### **Get in touch**

T 03 9239 2500

**Uniting**