



The Rural City of  
**MURRAY  
BRIDGE**

Bridge to Opportunity

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## **MEDIA RELEASE**

**Subject:** Carer Wellness Day

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CARERS who spend their days looking after someone else are being treated to an event dedicated to taking care of their health and wellbeing.

There are an estimated 1500 carers in the local community and The Rural City of Murray Bridge's Manager Community Services Reg Budarick said "Carers provide an invaluable service for the community and they come in a range of ages and circumstances."

"They can be young people caring for their grandfather or mum, or be elderly people caring for a partner," he said.

The Carer Wellness Day provides an opportunity for carers and their families to meet others in similar circumstances, have fun, learn new skills and maybe develop new friendships to increase their support networks.

"People can learn about strategies and services available to help them manage the day to day responsibilities of being a carer," said Mr Budarick.

"They can also learn skills about how to look after themselves such as massage, essential oils, diet and counselling.

The free event for carers and their families includes giveaways, light refreshments and a free sausage sizzle by the Murray Bridge Rotary Club.

A resources showcase on the day will include Department of Human Services (financial services), Dementia Australia, Electricity Audit, Tailem Bend Community Centre, the Independent Living Centre van, an art therapist, yoga, aromatherapy and more.

Carers can check out what the Mt Barker Lavender Cottage has to offer, as well as SA Police, U3A and learn makeup and beauty tricks.

Carer Wellness Day will be held 11am until 3pm Tuesday 9 April 2019 at Carers SA, 95 Swanport Road Murray Bridge.

For more information about the event phone 8539 1300 or 8539 1117.

This event is proudly supported by Carers SA Australia and the Rural City of Murray Bridge.