

Are you the **CARER** of a person with a disability or mental illness or an elderly person in or around **RHYLL**?



## COME ALONG TO CONNECT WITH OTHER CARERS AND SPEND TIME OUTDOORS FOR A GENTLE WALK IN NATURE!

**Complimentary** morning tea at Rhyll General Store with guest speaker during and after the walk at the park or other location (weather dependent).

### SUPPORTED BY

Local government representative, Interchange Outer East, local community

### WHEN?

#### Tuesday mornings:

8 June	7 September
20 July	5 October
17 August	9 November

Meet for walk - 10am start

### WHERE?

Rhyll Park, Lock Rd (tennis club carpark)

Wheelchair accessible  
Toilets and car parking  
available



### ENQUIRIES?

For questions about the Rhyll Pathways for Carers walk, including how you can support this walk, contact Stella Coppola, Carer Programs, Latrobe Community Health Service on 1800 242 696.

### LEARN MORE?

To learn more about Pathways for Carers, including to be a part of setting up a walk in your local government area within Victoria, contact the Project Manager, Andrea at Interchange Outer East on 9758 5522.

[www.pathwaysforcarers.com.au](http://www.pathwaysforcarers.com.au)

*Pathways walks provide carers with peer based support, information, services and resources, opportunities to be active and connect with other carers, connect with nature and connect with their local community.*