

# Carers Pamper Day Program

Tuesday 16 October 2018

11am – 2pm

Camden Civic Centre, Oxley Street, Camden



## Program of Activities

### Creative Art Workshop

Design and create your own vision board to help develop positive thinking, wellbeing and self-esteem. Build a collage of words and pictures to stay inspired and focused on your goals and dreams. The workshops will run continuously throughout the day so join in when it suits you.

### Hand Treatments by Halo Hand Massage

Rejuvenate your hands with a divine hand massage. You can choose a cream or an oil that appeals to your senses for your individual relaxing experience.

### Seated Massage for you to Unwind, De-Stress and Relax

Come over, sit down and take some time out for yourself to enjoy a relaxing massage in the comfort of a chair.

### Henna Hand Painting by Hura

Henna leaves are used to make a fine powder that can be used for artwork on the skin. Using only the best natural Henna, Hura will paint and create a beautiful artwork on your hands that symbolises joy and beauty.

Take a seat with Hura and watch your design come to life.

### Breathe Easy

Learn breathing techniques to help you feel calm and ease tension. Sessions run throughout the day.

### Pamper the Body Workshops with Soul Loving Space Recharge, Revitalise and Renew You

Learn some easy ways of pampering using ingredients commonly found in your home. Join Alexandra for this fun hands-on workshop where you can make pamper products including some great scrubs and moisturisers to take home and enjoy. The workshops will run continuously throughout the day so join in when it suits you.

### Swim Passes and Movie Ticket Giveaways

Don't forget to pick up your swim passes and movie ticket gift vouchers today as part of our thanks to you for attending and supporting this Carers Week event.

### Refuel and Discover at Connect Café

Come over to Café Connect and have a chat with local service providers and community groups. Find out about services available and social connections in your area while enjoying a great coffee, tea and healthy refreshments.