

# Media Release

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8 October 2018

## Café Connect at Carers Pamper Day

Carers can experience a day of relaxation and pampering at the Camden Civic Centre this month.

The free event will celebrate Carers Week with a range of activities such as massage, relaxation demonstrations, pamper products, workshops and more.

Café Connect Camden will also be at the Pamper Day with great food and services providing the latest information.

Mayor Peter Sidgreaves said the new initiative was designed to connect older residents to social activities, service providers, health information and other people.

“This is a great way for our older residents to interact, socialise and engage with organisations and support services that are available in Camden,” Cr Sidgreaves said.

“We want to make sure that everyone is supported to achieve the best possible lifestyle throughout their lives,” he said.

This is the second of 12 Café Connect events and will be held at Camden Civic Centre on Tuesday 16 October from 11am to 1pm. For more information visit the Council website or call: 4645 5009.

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