



Creating
Opportunities
& Choice

Yoga and Meditation - Grandparent Carers Program

Interchange Outer East invites grandparent primary carers of a child or young adult with a disability to this introduction to chair yoga and meditation session. It's yoga for all ages and levels!

When: Tuesday 2 April 2019 - 11am to 12pm

Where: Red Earth Room, Mooroolbark Community Centre

Cost: FREE introductory Session

Book Online: www.trybooking.com/BAXTP

ALL WELCOME!

Newcomers are always welcome to the IOE Grandparent Carers Program.

RSVP Essential

Questions?

Contact Sarah L.
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