



## Carers Social Sport - Table Tennis & Badminton

**Interchange Outer East invites parents and carers of a child or young adult with a disability to join us for weekly social sport (table tennis and badminton) followed by a cuppa and chat.**

**When:** Thursdays - 10am to 12pm

**Where:** Insportz Knox - Lewis Rd, Wantirna South

**Cost:** FREE! Cafe available at own cost

**RSVP:** No need to RSVP, just turn up!

All welcome!

**Creating  
Opportunities  
& Choice.**

IOE Family Support Programs, including Carers Social Sport, are open to all families who have a child with a disability. Families do not need to be registered with IOE to be involved.