

# LADYPAUSE NETWORK



<http://www.yourthyroidandyou.org/ladypause>  
& <http://www.ladypausegroupinfo.org>

## PRESENTS

**Free Health & Lifestyle Seminars**  
*For*

***Women Wise in Middle Years***  
*A Forum for Women in Mid Life*

Every Third Monday  
10.00 AM - 12:00 NOON

**Venue:**  
**Community Meeting Room Ground Floor**  
**Brisbane Square Library**  
**266 George Street Brisbane**

**Monday 18<sup>th</sup> July 2016**

**Guest Speaker From *Co.As.It. Community Services Inc.***



**"Who's looking after you?" for carers.**

**Co.As.It.**

Is a peak body within the Aged Care and Community Services Industry and provides a wide range of services that respond to the transitional stage of life for people living in the Brisbane and South Coast regions. These services are multi-faceted and flexible and reflect the changing aspirations, goals and needs of younger people, families, individuals and older Australians including those from a CALD background.

**Today Zina will cover information for carers including.**

**Community and Individual Support Programs; Looking after someone 24 hours a day 7 days a week; Feeling anxious; Caring for someone long term; Prevent burn out; Don't wait for a crisis before seeking help.**

**Gold coin donation**



**Tea and coffee provided**

**Seminar Inquiries Contact Jacqui**

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**Seminars Organized by Ladypause Network**

