

Media Alert



16 December 2013

Carers NSW Tamworth Carers Masterclass

Interview and photo opportunities

Media are invited to attend the Tamworth Carers Masterclass, a day of healthy eating, living and self-care for carers.

Event information:

What: Carers NSW Tamworth Carers Masterclass

When: Wednesday 18 December, 10am – 2pm

Where: Tamworth Community Centre, Cnr Peel & Darling Streets, Tamworth, NSW 2340

Highlights include:

- Tamworth's very own highly acclaimed Masterchef – **Ben Davies of Monty's at the Powerhouse** cooking up a storm, and sharing his tips for nutritious, tasty yet quick and easy meals.
- Healthy living workshops, including meditation, tai chi, and gentle movement exercises.
- Free health and hearing checks.
- Presentation - *Who cares for the carer?* Highlighting the importance of self-care for carers.

This is a free event hosted by Carers NSW and funded by 'Pollie Pedal' proceeds.

For any media requests please contact Rosa Hearnshaw, Communications Officer on 02 9280 4744 or 0400 061 100 or rosah@carersnsw.org.au