



CARER'S MORNING TEA

Wednesday 14 October 10am - 12pm



WHERE

MDNSW, Ardill House
31 Clermont Ave, Concord NSW 2137

HOW TO GET THERE

Free timed parking is available on Clermont Lane, with additional street parking nearby. Bus services stop a short distance away on Concord Road and Wellbank Street. If travelling by train, the nearest station is North Strathfield.

Take a moment for yourself. **Celebrate National Carer's Week with MDNSW** by connecting, unwinding and sharing a morning with people who understand.

Caring for someone living with a neuromuscular condition can be rewarding, but it's important to take time for yourself too.

This is a relaxed opportunity to share experiences, discover useful resources and spend time with people who understand the joys and challenges of the caring role. Enjoy complimentary morning tea, optional activities and meaningful connection in a supportive environment.

All carers and family members are welcome.

[RSVP here](#)