



## Carer Zone Taking care of yourself while caring others

*Carer Zone is a filling station for carers from Chinese background. Aiming at improving carers' physical and mental health, we conduct workshops and activities to release their stress, help them build support network and equip them with more professional knowledge of caring. Carer Zone is a platform for carers to share thoughts and encourage them learn more self-care and care for others.*

### Chinese Medicine Aromatherapy Health Series

Guest Speaker: Dr Mark Yao PhD

PhD in Human Resource Management  
Chinese Medicine Plant Essential Oil Therapist  
TÜV Rheinland Certified Rehabilitation Essential Oil Therapist  
Australia Qualified Clinical Aromatherapist



Date	Time	Content	Guest Speaker
1/8/19 Thursday	10am-12pm	Hypertension & Rehabilitation	Dr Mark Yao
5/9/19 Thursday	10am-12pm	Diabetes & Rehabilitation	Dr Mark Yao
10/10/19 Thursday	10am-12pm	Stroke & Rehabilitation	Dr Mark Yao
7/11/19 Thursday	10am-12pm	Hay Fever & Rehabilitation	Dr Mark Yao
5/12/19 Thursday	10am-12pm	Insomnia & Rehabilitation	Dr Mark Yao

Target: Carers and seniors from Chinese background  
Language: Mandarin/Cantonese  
Fee: Free (offering tea and light snacks)  
Venue: Meeting room (beside Clayton library),  
Clayton Community Centre, 9-15 Cooke St,  
Clayton VIC 3168

#### Contact details:

03 8806 7532 / 0401 718 043 / 0404 598 242

