



## Self-Care for Animal Care Givers 2019



When we work in caring professions, jobs and volunteer positions, we need to be aware of the possible negative effects this may have on our lives – physically, emotionally, spiritually and mentally.

Join us again in 2019 to understand the impact of our work and learn strategies to stay healthy and enjoy your work. Our presenters will share their experiences in various animal care professions.

Some of our presenters include:

**Merrilyn Hughes**  
Counsellor

**Dean Huxley**  
Manager - Native ARC Inc.

**Dr Chris Rafferty**  
Team Leader - Whiteman Park

**Dr Lisa Winters**  
Veterinarian

Our commitment to educating animal care givers has seen us develop a comprehensive seminar which has now been attended by hundreds of participants since 2013 and helped many continue working with a healthy attitude and increased well-being.

**Join us and learn these invaluable skills.**

**When:** Sunday 5 May 2019  
**Time:** 8.30am – 4.00pm  
**Where:** Murdoch University  
**RSVP:** [www.trybooking.com/BAYMP](http://www.trybooking.com/BAYMP)  
**Other:** Morning tea and notes provided  
\*BYO Lunch  
**Cost:** \$10 (pay on the day)

Sponsored by:  
The Rotary Club of Booragoon

