YOUR LETTERHEAD

Dear Care Partner,

RE: Join us for the 2021 Mental Moments Show at [mentalmoments.com.au](http://www.mentalmoments.com.au).

This year has been another challenging one for everyone who lives and works in aged care so RFBI is once again Caring for the Carers and I invite you to join us for the 2021 Mental Moments Show.

The Show will run throughout Mental Health Month (October) with a one-hour livestream show every Friday at 2.00pm and shorter segments focusing on mental health tips and tools from mental health experts and ambassadors each day in between.

Hosted by Max Markson of Markson Sparks, the show is free for everyone to enjoy and is being shared with aged care workers, residents, clients and families right across Australia to continue the conversation on the importance of mental health in aged care.

As with our show last year, each show will include a variety of performances and entertainment for your enjoyment and recognise the valuable work aged care workers do to improve the lives of older people in their care.

I invite you to tune in and watch with us and also to share the details of the show with your colleagues and older people you work with.

I also invite you to provide a message, maybe thanking aged care workers, or sharing how you care for yourself as inspiration for others on how they can maintain good mental health. Your messages will be shared via the Mental Moments website and shared with the relevant team. A guide on how to capture and send your message has been enclosed.

This is going to be another fun filled show and I hope you will join us. The show is a FREE livestream event that can be watched from anywhere – simply go to **www.mentalmoments.com.au.**

Kind regards,