

# The MAZI Project

(The 'Together' Project)



The **MAZI** Project aims to provide information and support to family carers and older people from all cultures and especially in the culturally and linguistically diverse (CALD) communities of Greek and Arabic-speaking (Antiochian and Coptic Orthodox-Lebanese & Egyptian) in Brisbane, Sunshine Coast and Gold Coast regions.

**MAZI is partly funded by the Greek Orthodox Community of Saint George, Brisbane.**

## The MAZI Project provides:

- Dementia support groups for carers of people living with dementia.
- Chronic Disease Self-Management support program for seniors and carers.
- Well-being Classes for carers and seniors from CALD backgrounds, focusing mainly on:
  - Physical Fitness Activities & Education.
  - Mental Fitness Activities & Education.
  - Diabetes Awareness Education.
  - Heart-health and other Chronic Diseases Awareness & Education.
- Information and cultural support to service providers, who work with carers of older people from the CALD target communities, to increase awareness of culturally appropriate aged care.



## Join the MAZI Project Activities

**Home Visits-** Cultural Dementia Information

### Dementia Education

- Dementia Carer Support Group Workshops.
- Community Dementia Information Sessions.

### Chronic-Disease Education

- Chronic-Disease Self-Management Program Workshops for Seniors and Carers.
- Community Healthcare Information Sessions.

### Resource Promotion

- Culturally Specific Tools
- Care Services Information Sessions
- GOC Care Website Resources & Facebook

### Contact Us on:

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**GOC Care**

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