

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 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 aged care and health care service providers, 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:

P. 07 3249 1010

E. dimitria.notaras@goccare.com.au

facebook.com/goccare.com.au

w: goccare.com.au

36 Browning Street/
PO Box 3620, South
Brisbane, QLD 4101



GOC Care

Aged • Disability • Community