

# MAZI Chronic Disease Self-Management Program



The MAZI Project (The 'Together' Project)

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Have you been diagnosed with a Chronic Disease?  
Are you caring for a family member who is living with Chronic Disease such as Diabetes, Cardiovascular Disease, Back problems, Mental Health Conditions?



**COME JOIN MAZI's MONTHLY CHRONIC DISEASE SUPPORT GROUP WORKSHOPS**

Meet new people, listen to expert speakers, have some fun and get fit at the same time (Greek Translation).

**Wednesdays, 10am-12:30pm**  
**Greek School Building**

**25 Besant Street, South Brisbane.**

**Please phone Dimitria on 3249 1010 or**

**Email: [dimitria.notaras@goccare.com.au](mailto:dimitria.notaras@goccare.com.au)**

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