

MAZI Chronic Disease Self-Management Program



The MAZI Project (The 'Together' Project)

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



COME JOIN MAZI'S MONTHLY CHRONIC DISEASE SUPPORT GROUP WORKSHOPS (English/Greek Translation provided)

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

Wednesdays, 10am (arrival time)-12:30pm

Cost- \$10 per workshop (includes expert speakers, morning tea and an exercise program)

25 Besant Street, South Brisbane (Greek School Building)

Please phone Dimitria on 3249 1010 or

Email: dimitria.notaras@goccare.com.au

MAZI is supported by The Greek Orthodox Community of Saint George, Brisbane.