

# MAZI Chronic Disease Self-Management Program



The MAZI Project (The 'Together' Project)

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

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