



Are you caring for a family member who is living with dementia and you would like to learn more?



Do you belong to the Greek, Russian, Coptic or Antiochian Orthodox communities?

COME JOIN MAZI's MONTHLY DEMENTIA CARER WORKSHOPS

Meet new people, listen to expert speakers, learn how to deal with stress in a positive way and take a well-deserved break by doing something for yourself.

**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