

Dementia Carer Support Group



The MAZI Project (The 'Together' Project)

Are you caring for a family member who is living with dementia and you would like to learn more while having a break from your caring role?



COME JOIN MAZI's MONTHLY DEMENTIA CARER Support Group WORKSHOPS.

Meet other family carers who share similar experiences to you, listen to expert speakers, learn how to deal with stress in a positive way and get fit while having fun.

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.