

# Dementia Carer Support Group



The MAZI Project (The 'Together' Project)

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

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