

MAZI- Dementia Carer workshop Series 4

Workshop 4 – ‘End of Life-Consideration for Carers of People Living with Dementia’ 18th January 2017

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am CRCC (FSG Australia) Dementia Education and Training Coordinator- Rae Haggarty	75 mins	Carer Stress- Prevention and Management - 60 mins Q&A- 15 mins
11:30 am	20 mins	Break- Coffee time!
11:50 am F3PT – Aslihan Mustafa	30 mins	Managing Stress with meditation and mindfulness
12:20 pm		Finish/ Clean & Pack-up