**MAZI- Chronic Disease Self-Management- Series 5 Workshop 1**

**Workshop 1– ‘Art for Healing and Happiness’ 1st February 2017**

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| Activity | Duration | Description |
| 10 am  MAZI -Dimitria | 15 mins | Arrival/Registration/Introductions |
| 10:15 am  Aliki Rathgeber  (Therapeutic Art Specialist/Art Educator) | 75 mins | Art for Healing and Happiness- 60 mins    Q &A- 15 mins |
| 11:30 am | 20mins | Break- Coffee Time!! |
| 11:50am  F3PT-  Aslihan Mustafa | 40 mins | Exercise and our Emotions- 10 mins  Exercise Program |
| 12:30pm |  | Finish and Clean Up |