

## MAZI- Dementia Carer Workshop Series 5

### Workshop 1– ‘Meaningful Recreational Activities for People Living with Dementia’ 22<sup>nd</sup> March 2017

Activity	Duration	Description
<b>10 am</b> MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
<b>10:15 am</b> CRCC (FSG Australia) Dementia Education and Training Coordinator- <b>Rae Haggarty</b>	75 mins	‘Meaningful Recreational Activities for People Living with Dementia’ - 60 mins Q&A- 15 mins
<b>11:30 am</b>	20 mins	Break- Coffee time!
11:50 am F3PT – Aslihan Mustafa	30 mins	Keeping Fit with Cardio exercises and Managing Stress with Meditation.
12:20 pm		Finish/ Clean & Pack-up