**MAZI- Chronic Disease Self-Management- Series 5 Workshop 2**

**Workshop 2– ‘Cholesterol and Heart Health- MYTHS & FACTS’ 1st March 2017**

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| Activity  | Duration  | Description  |
| 10 am  MAZI -Dimitria | 15 mins | Arrival/Registration/Introductions |
| 10:15 am Heart Foundation Australia(Volunteer Presenter) | 75 mins | **‘Cholesterol and Heart Health- MYTHS & FACTS’** - 60 mins Q &A- 15 mins  |
| 11:30 am  | 20mins  | Break- Coffee Time!!  |
| 11:50amF3PT-Aslihan Mustafa | 40 mins | Benefits of daily ‘Cardio- exercises’- 10 minsCardio-Exercise vs Meditation  |
| 12:30pm |  | Finish and Clean Up |