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

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

|  |  |  |
| --- | --- | --- |
| 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!! |
| 11:50am  F3PT-  Aslihan Mustafa | 40 mins | Benefits of daily ‘Cardio- exercises’- 10 mins  Cardio-Exercise vs Meditation |
| 12:30pm |  | Finish and Clean Up |