

## MAZI- Dementia Carer Support Group- Series 5 Workshop 2

### Workshop 1– ‘Art for Healing and Happiness’ 26<sup>th</sup> April, 2017

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