

MAZI- Chronic Disease Self-Management- Series 5 Workshop 4

Workshop 2– ‘First Aid in the Home’ 3rd May 2017

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Peter Allan- Vaxworks Health Services. (Paramedic-First Aid Trainer)	75 mins	‘First Aid in the Home’ - 60 mins Q &A- 15 mins
11:30 am	20mins	Break- Coffee Time!!
11:50am F3PT- Aslihan Mustafa	40 mins	Exercises with Aslihan- Falls Prevention (Preventing accidents)
12:30pm		Finish and Clean Up