

MAZI- Chronic Disease Self-Management- Series 6 Workshop 1

Workshop 1– ‘Type 2 Diabetes’ 28th June 2017 Diabetes Queensland

Activity	Duration	Description
10:15 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:30 am Michelle Tong (Diabetes Dietician and Educator- Diabetes Queensland)	60 mins	‘Type 2 Diabetes’
11:30 am	30 mins	Food Plate Game & Coffee Break!!
12:00 pm F3PT- Aslihan Mustafa	30 mins	Exercises with Aslihan -Cardio Exercises and relaxation
12:30pm		Finish and Clean Up