

MAZI- Chronic Disease Self-Management- Series 5 Workshop 1

Workshop 1– ‘Learning to Draw is Easy’ 20th September 2017

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Aliko Rathgeber (Therapeutic Art Specialist/Art Educator)	75 mins	‘Learning to draw is easy’- 60 mins Q &A- 15 mins
11:30 am	20mins	Break- Coffee Time!!
11:50am F3PT- Aslihan Mustafa	40 mins	Exercise Program- ‘Drawing with our bodies is Fitness and Fun’
12:30pm		Finish and Clean Up