

MAZI- Chronic Disease Self-Management- Series 7 Workshop 1

Workshop 1– ‘Bowel Care: IBS and other Bowel Conditions’ 18th October 2017 Blue Care-Continence Advisory Service

Activity	Duration	Description
10:00 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15am Karen Matthews (Blue Care Continence Advisory Service))	75 mins	‘Bowel Care: IBS and other Bowel Conditions’ 60 mins Q & A- 15 Mins
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