

MAZI- Chronic Disease Self-Management Program- Series 7 Workshop 2

Workshop 2– ‘Elder Abuse- Signs and symptoms and where to find support’ Caxton Legal Service

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Frances Privitera	75 mins	Elder Abuse- Signs and symptoms and where to find support -60mins Q &A- 15 mins
11:30 am	20mins	Break- Coffee Time!!
11:50am F3PT- Aslihan Mustafa	40 mins	Physical Exercise Program- Strategies for dealing with stress and anxiety through physical movement and mental relaxation.
12:30pm		Finish and Clean Up