


MAZI- Chronic Disease Self-Management Program- Series 7 Workshop 3

Workshop 3– Safe Manual Handling at Home for Carers- Next Step Physio 13th December 2017

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Next Step Physio- Meggen Lowry	75 mins	Safe Manual Handling at Home for Carers- 60 mins Q &A- 15 mins
11:30 am	20mins	 Christmas Party Time!!
12pm F3PT- Aslihan Mustafa	30 mins	Physical Exercise Program- Core muscle strengthening and Relaxation
12:30pm		Finish and Clean Up