

## MAZI- Dementia Carer Support Group- Series 7 Workshop 3

### Workshop 3– Safe Manual Handling at Home for Carers- Next Step Physio 31<sup>st</sup> Jan 2018

Activity	Duration	Description
<b>10 am</b> MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
<b>10:15 am</b> Next Step Physio- Meggen Lowry	75 mins	Safe Manual Handling at Home for Carers- 60 mins Q &A- 15 mins
<b>11:30 am</b>	20mins	Break- Coffee Time!!
<b>11:50am</b> F3PT- Aslihan Mustafa	40 mins	Physical Exercise Program- Core muscle strengthening and Relaxation
12:30pm		Finish and Clean Up