

MAZI Project- Chronic Disease Self-Management Program- (Series 8)

	Date/Time	Topic	Speaker/Facilitator	Venue
Session 1	Wednesday 7/3/18	Elder Abuse	Caxton Legal Service Exercises with Aslihan F3PT	Greek School Building 10am-12:30pm
Session 2	Wednesday 4/4/17	Breast Care	Breast Screen Qld- Anna Voloschenko 'Your Guide to Breast Health'-new resource. Exercise & Relaxation with Aslihan F3PT	Greek School Building 10am-12:30pm
Session 3	Wednesday 2/5/18	Heart Health and The Outdoors	Heart Foundation Australia- Kara Gerritsen Exercise & Relaxation with Aslihan F3PT	Southbank Parklands- Epicurious Gardens. Meet at Greek School- 10:15am Return to Greek School- 1pm
Session 4	Wednesday 30/5/18	Art Therapy – 'Art for Healing- Let's Play with Clay'	Earth and Body Arts Clay Therapist- Rachel French Exercise & Relaxation with Aslihan F3PT	Greek School Building 10am-12:30pm