

## MAZI- Dementia Carer Support Group- Series 8 Workshop 1

### Workshop 1– ‘Elder Abuse- Signs and symptoms and where to find support’ Caxton Legal Service

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