

Series 8 Workshop 3 – ‘Outdoor Activities and Exercise for Optimal Heart Health’ 2nd May 2018

Activity	Duration	Description
10:15am MAZI -Dimitria	15minutes	Arrival/Registration/Overview of day Seating on bus/car
10:30am Dimitri (Day Respite Van) Dimitria (Personal Car)	15 minutes	Travel to Southbank on Day Respite Bus and drop off near Epicurious Gardens
10:45am Heart Foundation - Pamela Holdsworth Eleni Samios- Interpreter	45 minutes	Coffee and morning Tea(15mins) Discussion ‘The Benefits of outdoor activity and exercise for Optimal Heart Health’ (30mins)
11:30am Aslihan Mustafa- F3PT Executive Master Trainer	30 minutes	Cardio Activity & Relaxation on the Green with Aslihan
12 – 12:30pm	30 minutes	Picnic Lunch
12:30pm-12:45pm	15 minutes	Collect Herbs to take home
12:45pm-1pm	30 minutes	Walk to pick up point / seating on bus
1pm Dimitri (Day Respite Van)	15 minutes	Depart Southbank /drop off at Greek School /Finish