

MAZI- Chronic Disease Self-Management Carer Support Group- Series 9 Workshop 1

Workshop 1– Breast-Screen Queensland ‘Your guide to Breast Health’ Anna Voloschenko

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Anna Voloschenko Breast-Screen Queensland	75 mins	Introduction to a newly launched booklet for the multicultural community ‘Your Guide to Breast Health’ -60mins Q & A- 15 mins
11:30 am	30 mins	Break- Coffee Time!!
12 pm 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