

MAZI- Chronic Disease Self-Management Carer Support Group- Series 9 Workshop 2

Workshop 2– The benefits of Pampering and Relaxation- Aslihan Mustafa F3PT 25th July, 2018

Activity	Duration	Description
10 am MAZI -Dimitria	15 mins	Arrival/Registration/Introductions
10:15 am Aslihan Mustafa- F3PT	75 mins	Pamper and Relaxation Activity- The benefits of pampering -60mins Clean up-15mins
11:30 am	45 mins	Coffee/Food Time at local café - 'Duo Café'
12:15 pm F3PT- Aslihan Mustafa	15 mins	Physical Exercise Program- 'Neighbourhood Walk'
12:30pm		Finish