

Healthy Lifestyle Program

Mind your Mind

Presented by Alzheimer's Australia NSW



This information session will raise awareness of dementia risk reduction. While it is not yet known how to prevent or cure dementia, there is much evidence to suggest the lifestyle choices we make contributes to brain health and the risk of developing dementia.

It will be an interactive session that will deliver healthy brain strategies in seven simple steps.

Date: Thursday 31 May 2012

Time: 10.00am – 11.00am

Location: Woollahra Community Centre
334 Edgecliff Road Woollahra, Cnr Queen Street & Edgecliff Road

Cost: Free.
Hot lunch will be served at 12pm for \$6.50. Bookings required.

RSVP: Call 9363 5957 to reserve your place by Monday 28 May.
Bookings are required as seats are limited!

For more information or to RSVP, call 9363 5957.

www.woollahra.nsw.gov.au

