



MAINTAIN YOUR BRAIN DEMENTIA SEMINAR

**FREE
EVENT**



Council in collaboration with Alzheimer's Australia in delivering an information seminar on the latest research, treatment options and how to reduce your risk of getting dementia. Hear a personal experience of dementia, where to go for help and services and participate in some fun brain training exercises to keep your mind sharp.

WHEN: 9.30am -12.30pm
Thursday, 21 September 2017

WHERE: Gymea

BOOK: by 14 September online at:
www.sutherlandshire.nsw.gov.au/dementia
or phone: 9710 0333

Bookings essential - limited space available.



ACTIVE AND HEALTHY AGEING

Council has a range of information and resources on Ageing Well, including:

- promoting wellbeing and healthy lifestyles
- local care and support services
- planning for future needs
- volunteering, leisure and recreation

Order a free copy of the **Senior Services Directory** or pick one up from your local Library.

UPCOMING SEMINAR

Beating the Blues: Depression seminar

This seminar aims to provide information and resources to help raise awareness and understanding of depression and mental illness amongst older people.

WHEN: 10am -12.30pm
Thursday, 26 October 2017

WHERE: Sutherland

BOOK: by 14 October online at:
www.sutherlandshire.nsw.gov.au/blues
or phone: 9710 0333

Bookings essential - limited space available.

For more information on these or other council events or services call 9710 0333 or visit www.sutherlandshire.nsw.gov.au