The Living with Dementia program is a national initiative of Dementia Australia and is funded by the Australian Government.

This education and support program aims to maximise the health and well-being of people living with early stage dementia, and their carers.

Would you like a better understanding of what is happening to you and be able to talk to others going through a similar experience?

In a group format, participants have the opportunity to:

- Tell their story of memory loss
- Reflect on the impact of their diagnosis
- Develop an understanding of the importance of self-care
- Enhance their skills for communication with others, and for problem-solving
- Extend their knowledge about legal and financial issues

This program is free of charge

- It runs for 7 weeks on the same day each week
- Each session runs for 2 hours
- Light refreshments are included at no charge

**Program Details**

**When:** Wednesdays 12 June - 24 July 2019

**Time:** 1.00pm—3.00pm

**Where:** Forest Community Arts Centre
6 Darley Street
Forestville

**Bookings are Essential**

**Enquiries to Vanessa Wong**

**Phone:** 02 8875 4663