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: Tuesdays
5 February - 19th March 2019

TIME: 10am to 12.00pm

WHERE: The Entrance Community Centre
Building E, Training Room 1
Oakland Ave
The Entrance NSW 2261

BOOKINGS ARE ESSENTIAL

ENQUIRIES TO KERRY GARTH
PHONE: 0459 878 508

DEMENTIA AUSTRALIA
Building 21, 120 Coxs Road, North Ryde,
NSW 2113, P O Box 6042 North Ryde 2113
T: (02) 9805 0100
F: (02) 8875 4665
E: nsw.helpline@dementia.org.au  ABN: 27 109 607 472
National Dementia Helpline: 1800 100 500

REGIONAL OFFICES:
Bega, Newcastle, Port Macquarie, Coffs Harbour,
Sutherland, Wingecarribee, Blacktown & Illawarra

The Living With Dementia program and National Dementia Helpline are supported financially from the Australian Government