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 3 weeks on the same day each week
- Each session runs all day
- Light refreshments are included at no charge

**Program Details**

**When:** Tuesdays
11 June - 25 June 2019

**Time:** 9.30am—4pm

**Where:** Nelson Bay Bowling and Rec Club
Stockton St
Nelson Bay

**Bookings are Essential**

**Enquiries to Mary Myers**

**Phone:** 02 4985 5700

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**Dementia Australia**

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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