

# Community Awareness

## Special Programs

120 Cox's Road, North Ryde 2010/2011

Alzheimer's Australia NSW is the peak organisation that actively engages in community awareness about dementia, memory and ageing as well as education and support to bring quality of life for people and families living with dementia. As part of our Community Education program we invite members of volunteer groups and the general community to a range of information activities. Don't miss out on one of the **free-of-charge** sessions offered from our Dementia Memory and Community Centre, Sydney. **Places are limited!**

### Volunteer workshop

A 3 hour non-accredited short course that delivers a basic understanding of dementia, its causes, and the impact dementia has on the person and their family. Participants will have the opportunity to learn the fundamental principles when interacting and engaging with a person with dementia.

### Mind your Mind™

A short presentation that brings 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. An interactive session that will deliver healthy brain strategies in seven simple lifestyle signposts.

### Memory & Ageing

This 2 hour presentation delivers an understanding of the myths about dementia and the issues relating to normal ageing and memory loss. An interactive session that aims to alleviate ageing worries and provide strategies to help your memory.

### Library & Information Service

Our extensive library houses over 4970 books, journals & DVDs. Visit us for a personalised introduction to our service. Become a member and receive access to up-to-date information.

Session	Time	Dates
Volunteer workshop	10am - 1pm	Monday 13 Sept 2010 Wed 24 Nov 2010 Wed 16 Feb 2011
Mind your Mind presentation	6pm - 7.30pm	Thurs 23 Sept 2010 Thurs 4 Nov 2010 Wed 9 Feb 2011
Memory & ageing presentation	10am-12pm	Wed 13 Oct 2010 Wed 12 Jan 2011 Wed 13 April 2011
Library & Information Service	9am - 4.30pm	Monday - Friday

**Registration:** Fax booking form to 8875 4665  
or phone 8875 4640  
Light refreshments included

### VENUE

Alzheimer's Australia NSW  
Dementia & Memory Community Centre  
Vincent Fairfax Family Resource Centre  
Corner Cox's & Norton Roads, North Ryde, 2113



### Alzheimer's Australia NSW

**Main Office** 120 Cox's Road, North Ryde NSW 2113, P O Box 6042 North Ryde 2113

**Telephone** (02) 9805 0100 **Facsimile** (02) 8875 4665 **Email** education@alznsw.asn.au

**Regional offices** Bega, Coffs Harbour, Newcastle, Port Macquarie, Sutherland, Wingecarribee

**National Dementia Helpline** 1800 100 500