

Memory & Ageing Information Session

FREE

Wed 21st Sept

10:30am - 12:00 noon

Barossa

Council Chambers

43-51 Tanunda Rd, Nuriootpa

Come along and learn about:

- How memory works
- What happens to memory as we age
- What causes memory problems
- What you should ask your doctor
- Signs of dementia
- Strategies you can adopt if you are concerned about your memory
- How you can protect your brain

**For more information about this session contact
Deb Anderson 8563 8414**



**For information, support and
advice about dementia call
Alzheimers Australia**

1800 100 500

Dementia Awareness Month

YOU ARE NOT ALONE

