

Brain Fit

Keeping your brain healthy is essential for living a fulfilling, healthy and long life. The brain is an incredible organ, with many parts which work together to keep you alive and carry out everyday tasks and functions.

The Brain Fit program provides information on risk factors, practical steps to improve your brain health and what to do if you are concerned. There is also an opportunity to create your own brain fit action plan. Whatever your age, this program will assist you to be as 'brain fit' as possible.

You will gain knowledge in:

- modifiable risk factors for poor brain health
- how to reduce risk and optimise your brain fitness
- how to create your own brain fit action plan.

Suitable for:

Anyone wanting to know more about how to be 'brain fit'.

Participants **MUST** register online via QR link to confirm their space – **maximum 30 participants.**

Location: Strathfield Council Library - 65-67 Rochester Street, Homebush NSW 2140

Friday 09/06/2023

11.00am – 12.00pm



Contact nsw.education@dementia.org.au for more information.