

Fortis and Dementia Australia Presents

YOUR BRAIN MATTERS

Your Brain Matters helps you to look after **your brain**. It is based on scientific evidence about health and lifestyle factors associated with brain function and the risk of developing dementia.

You can learn how to help reduce the risk of dementia in later life especially for people from a Culturally and Linguistically Diverse (CALD) background.

You can also learn about how you can get the support you need for your elderly family and community.



Who is it for?

CALD, Aboriginal and Regional and remote communities, Carers and Aged Care Service Providers

What do we want to achieve?

Inform you on how to keep your brain healthy and explore the support you can get for members of your family or community who are at risk of dementia related illnesses, particularly for people from CALD, Aboriginal and Regional and Remote backgrounds

How will it help?

Increases community awareness of dementia risk reduction and highlights issues for people from CALD, Aboriginal and Rural and Remote backgrounds

We have a number of online sessions available, to register click your preferred date and time and enter your details, a weblink will be issued to you upon registration.

Thursday April 2nd 1.30 – 2.30PM

Friday April 17th 10 – 11AM

Wednesday April 29th 9.30 – 10.30AM

Thursday April 30th 1.00 – 2.00PM

Monday May 11th 9.30 – 10.30AM

Wednesday May 20th 2 – 3PM

Friday May 29th 2PM – 3PM

Wednesday June 3rd 11 – 12PM

Tuesday June 9th 3.30 – 4.30PM

Thursday June 18th 12.30 – 1.30PM

Monday June 22nd 1.30 – 2.30PM

To Register your organisation or community, please contact us:

Phone: (08) 9467 2490 **Email:** fortis.information@fortisconsulting.com.au