

Pittwater Council and Medicare Local present

Body Brain Balance

for your older parent, friend or neighbour



Do you have an older parent, friend or neighbour who would like to remain living in their own home?

You are invited to a **FREE** course to find out how you can help them to remain fit, healthy and on their feet longer.

Date: Wednesday 12 November 2014

Time: 6.30-9pm

Location: Newport Net
Level 2, 341 Barrenjoey Road,
Newport Beach

Canapes &
glass of wine
on arrival.

RSVP by 5 November 2014

Bookings essential: 9970 1169 or seniors@pittwater.nsw.gov.au

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Session 1 - The Body in Balance

Presented by Sally Castell, Movement Matters

Sally will give an overview of the physical changes that occur to the body as it matures and provide you with some simple and effective lifestyle strategies that could assist your friend, family member or neighbour remain strong, flexible and on their feet.

Sally will assist you in identifying areas around the house that could contribute to trips and falls and offer you some simple suggestions on how to alleviate these.

Break 30min – Tea, Coffee, Cheese and Sweets!

Local service providers available to answer questions.

Session 2 - Healthy Brain, Healthy Ageing

Presented by Libby Palmer, Alzheimer's Australia NSW

Join Libby for a fun and interactive session, looking at the way the memory works, how it changes over the course of our lives, and how to identify some of the common signs of Dementia. Libby's presentation will define the difference between simply not remembering and dementia!

Libby will also provide a brief overview of what supports are available if you do have some concerns for your family member, friend or neighbour.