

健康大腦與腦退化

Brain Health & Dementia

Date 日期: 21/3/25 & 28/3/25 (星期五)

Time 時間: 10:00 - 12:00pm

Venue 地點: Level 1, 79 Mahoneys Road, Forest Hill

Speakers 講者: Miss Emily Barr & Christina Kominakis
(Dementia Australia - Dementia specialist)

Langue 語言: Cantonese translation (廣東話傳譯)

Outlines 內容: (21/3/25)

- * Healthy brain 大腦健康元素
- * Life style & risks 生活習慣與腦退化的風險
- * prevention tips 護腦錦囊

* Outlines 內容: (28/3/25)

- * Facts & myths about dementia 對腦退化症的謎思與誤解
- * What is dementia and its types 腦退化及種類
- * Symptoms 腦退化的明顯症狀
- * Diagnosis & treatments 診斷與治療
- * Community services & supports 有用的社區資源及支援

(Light Refreshment provided 活動後安排有輕便點心)

Registration 報名:

03 88067532 / 0404 598 242

<https://forms.gle/WcLmacAmiUVNDzxs6>



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