

It starts with you - Mittagong

If you are passionate about your local community and want to make it more dementia friendly then this session is for you.

You will understand common myths and stereotypes and discuss the many ways people can live well with dementia everyday. You will learn what a dementia-friendly community is and how it benefits the whole community. You will explore practical examples and identify a process for 'getting started' as an individual or as a community, to enable your community to be dementia friendly.

People living with dementia and carers are encouraged to attend.

This workshop is supported by Wingecarribee Shire Council.



When: Monday 29 July 2024
11am-1pm, 2 hrs

Where: Mittagong Senior Citizens
and Community Centre,
10B Albert Lane,
Mittagong NSW 2576

Cost: Free

Additional information:

Bookings are essential.
Morning tea will be provided.

Find out more

Please contact Anthony Parker on 0491 691 842 or email Anthony.Parker@dementia.org.au Book on: <https://ISWYMittagong.eventbrite.com.au>

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

Find us online **dementia.org.au**



For language assistance
call **131 450**