

Living Well With Dementia Program

Gold Coast
Commences 29 March 2023

This program provides an overview of how to live well with dementia and focuses on health and wellbeing. It covers topics around maintaining overall wellness through focusing on four domains of health, body, mind and support.

This program is delivered interactively, you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

Suitable for: People living with dementia. This program is not suitable for family members or carers or professionals employed in the health or aged care sectors.



When: This program runs across 4 sessions: 29 March and 5, 12, 19 April 2023
1.30pm - 4.00pm
(2 1/2 hours) each session

Where: Gold Coast

Cost: free

Additional Information:
Bookings are essential.

Find out more

Please contact Dementia Australia on 1800 588 699 or email qld.bookings@dementia.org.au
Book on: <https://lwwd-gc-290323.eventbrite.com.au>

Pilot program funded by Eastern Star Foundation

National Dementia Helpline **1800 100 500**

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



For language assistance
call **131 450**