

SHARE and Nutrition Australia NSW invite you to

HOW TO EXERCISE AND EAT WELL TO REDUCE THE RISK OF DEMENTIA

FREE WEBINAR

1 SEPTEMBER 2020

6 - 7 PM

BRAIN Boosters



Look after your
brain with a
healthy lifestyle

- What does the research say about dementia risk?
- Brain boosting exercise session with our Qualified Instructor
- Food for a healthier brain and body
- Setting healthy lifestyle habits

*and more from our high-profile panel of researchers
& healthcare specialists in aged care and dementia*

WORLD ALZHEIMER'S AWARENESS MONTH

September 1st marks the month of inspiring greater understanding about Alzheimer's and dementia. Alzheimer's disease is the most common form of dementia, affecting up to 70% of all people with dementia. With almost half a million Australians living with dementia and numbers rising every day, it's never been more important to raise awareness of the ways exercise, nutrition and other lifestyle factors can help improve brain health and overall wellbeing.

BOOK NOW



Have a question? Email admin@share.org.au or call 8580 0628

**Nutrition
Australia**
New South Wales

SHARE
Building healthier communities