

HOW TO EXERCISE YOUR BRAIN

如何護腦健腦的方法



Understanding Dementia and Innovative Interventions to Support Family Members with Dementia

認知障礙症知多少及照顧患者新模式

Contents 內容:

- **Understand dementia and treatments**
認識什麼是認知障礙症、症狀及其治療法
- **How to support individuals with dementia**
如何照顧患者新模式
- **Introduction of community and health services to support the patients and their caregivers**
認識社區支援服務
- **How to exercise your brain**
如何護腦健腦的方法

free presentation in Cantonese by:

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AGOAC

This presentation is held:

Date: Saturday July 13, 2019
Time: 10:00am – 11:30am
Place: OAC Room, Senior Centre, 2/F at
Angus Glen Community Centre