



**Penrith Women's
Health Centre**
Established 1987



Join us for a free information session about dementia and learn essential information to help you and your loved ones.

UNDERSTANDING DEMENTIA

We'll explore:

- The difference between Dementia vs. Alzheimer's
- Early warning signs and symptoms to watch for
- Understanding your risk factors
- Prevention strategies and lifestyle choices
- What to expect after diagnosis
- Available treatments and support services

PRESENTED BY: **MONIQUE**
Program Development Officer

WHERE: **Thornton Community Centre**
61 Lord Sheffield Circuit, Penrith

**THURSDAY
13 MARCH**

10:15 AM – 11:30 AM

Followed by morning tea

PLEASE BOOK VIA:

(02) 4721 8749

HELLO@PWHC.ORG.AU

www.pwhc.org.au