

**PARTNERS IN CULTURALLY APPROPRIATE CARE (PICAC) FOR WA**

*Harnessing diversity, enhancing capability & developing cultures*

PICAC WA and Dementia Australia invite you to a special presentation...

# YOUR BRAIN MATTERS

**Your Brain Matters** helps you to look after **your brain**. It is based on scientific evidence about health and lifestyle factors associated with brain function and the risk of developing dementia.

You can learn how to help reduce the risk of dementia in later life especially for people from Culturally and Linguistically Diverse (CALD) backgrounds.

You can also learn about how you can get the support you need for your elderly family and community.



WHERE	WHEN	TIME
Civic Square Library 10 Almondbury Rd Booragoon WA	Thursday 15 <sup>th</sup> March 2018	11.30AM – 1.00PM & 1.00PM – 2.30PM

<p><b>Who is it for?</b></p> <p>CALD communities, Carers and Aged Care Service Providers</p>	<p><b>What do we want to achieve?</b></p> <p>Inform you on how to keep your brain healthy and support you can get for elderly members of your family or community, particularly for people from CALD backgrounds</p>	<p><b>How will it help?</b></p> <p>Increases community awareness of dementia risk reduction and highlights issues for people from CALD backgrounds</p>
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To Register: **Please [click here](#) or contact Mylynda Balodis**

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**Registrations close Tuesday March 13<sup>th</sup> 2018**