



# **FREE workshops on how people experiencing memory loss can live well in our community!**

Western Sydney University and Maridulu Budyari Gamal (SPHERE) present three practical and interactive workshops.

## **Understanding the Brain and Memory**

Learn about the causes of memory loss and how to manage it

1 September 2023

10:00am – 12:00pm

NICM Health Research Institute, 158 Hawkesbury Rd, Westmead

## **Accessibility and Enablement**

How to create safer and enabling places and spaces

4 October 2023

10:00am – 12:00pm

NICM Health Research Institute, 158 Hawkesbury Rd, Westmead

## **Acceptance and Belonging**

How to embrace and support people with diverse needs

1 November 2023

10:00am – 12:00pm

NICM Health Research Institute, 158 Hawkesbury Rd, Westmead

**FREE** refreshments will be provided.

Register your interest by calling Gabriela on 0405 709 137 or by visiting: [www.tinyurl.com/u824pw53](http://www.tinyurl.com/u824pw53)