

## 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

- 5 September 2023
  - 10am 12pm

Civic Centre Theatrette Donkin Ave, Moss Vale

## Accessibility and Enablement

How to create safer and enabling places and spaces

3 October 2023

10am – 12pm

Civic Centre Theatrette Donkin Ave, Moss Vale

## Acceptance and Belonging

How to embrace and support people with diverse needs

7 November 2023

10 am – 12pm

Civic Centre Theatrette Donkin Ave, Moss Vale

FREE refreshments will be provided.

Register your interest by calling Gabriela on 0405 709 137 or visit: https://events.humanitix.com/south-western-sydney-dementia-network



This initiative was co-produced by people with lived and caring experiences of dementia, and in partnership with City of Canterbury Bankstown, Camden Council, Wollondilly Shire Council, Wingecarribee Shire Council, South Western Sydney Primary Health Network, and South Western Sydney Local Health District.

