



# BETTER BRAIN. BETTER LIFE.

**Welcome Address:** Meredith Wallace,  
General Manager Rockdale City Council

**Your Brain and Dementia**  
Associate Professor Belinda Goodenough

**Lessons from My Dad**  
PJ Lane (Ambassador, son of Don Lane)

**Researching Positive Ageing**  
Professor Henry Brodaty AO (CHeBA Co-Director)

*Morning Tea with entertainment from  
The Wellness Dames*

**The Art of Ageing**  
Adele Horin, Blogger, former SMH Columnist

**Stimulating the Brain**  
Dr Adith Mohan

**Exploring Creativity and Ageing**  
Associate Professor Lee-Fay Low

Book Signing at 12.30pm  
*Attendees will get the opportunity to purchase a signed  
copy of Dr Lee-Fay Low's book, Live and Laugh With  
Dementia—the essential guide to maximising quality of life.*

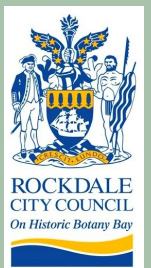
**The Centre for Healthy Brain Ageing  
(CHeBA) & Rockdale City Council**  
present:  
**A Free Seniors Month Forum**

**Wednesday, 4 March 2015**  
**10am–12.30pm**

Rockdale Town Hall  
2 Bryant Street Rockdale  
**ALL WELCOME**

**Bookings essential by 26 February 2015**  
[http://2015seniorsmonthrockdalecouncil.  
eventbrite.com.au](http://2015seniorsmonthrockdalecouncil.eventbrite.com.au)  
or call 9562 1666 for assistance

3hr parking at York St car park  
Off-street parking available



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