

Worried about
your memory?

BRAIN MAINTENANCE FOR A HEALTHIER LIFE

Opening: Dr Murray Wright

Director Mental Health Services, SESLHD

Welcome address:

Ita Buttrose AO, OBE

2013 Australian of the Year
National President of Alzheimer's Australia

PJ Lane Actor / Entertainer (Don Lane's son) *"What I Learnt From My Father's Illness"*

Prevention And Treatment:

Professor Henry Brodaty AO

Exercise For The Brain And Body:

Associate Professor Sharon Naismith

Eating For Brain Health:

Paula Goodyer, SMH Columnist

Medication Can Be Bad For Your Memory:

Professor Brian Draper

The Consumer Consultative Committee
Aged Care Psychiatry Service
Prince of Wales Hospital presents

A Free Public Forum

**Wednesday, 13 November 2013
10am - 1pm**

The Juniors
558A Anzac Parade Kingsford

RSVP Essential:
Please call 9382 3753 or email
Stephanie.Whalan@sesiahs.health.nsw.gov.au

Morning tea will be provided



Health
South Eastern Sydney
Local Health District