



Concerned
about your
memory?

BETTER BRAIN. BETTER LIFE.

www.winwallpapers.net

Welcome Address: Meredith Wallace,
General Manager Rockdale City Council

Maximise Your Memory

Dr Nicole Kochan

Healthy Brains. Positive Ageing

Professor Henry Brodaty AO

The Importance of Play

Dr Lee-Fay Low

*Morning Tea following by Dean Martin
style entertainment*

Eating For Brain Health

Paula Goodyer, SMH Columnist

Merits of Brain Training

Dr Adith Mohan

Exercise for Brain Benefit

Dr Nicola Gates

The Centre for Healthy Brain Ageing &
Rockdale City Council present

A Free Seniors Month Forum

Tuesday, 4 March 2014

10am–1pm

Rockdale Town Hall
2 Bryant Street Rockdale

ALL WELCOME

Bookings essential by 26 February 2014

via <http://betterbrain.eventbrite.com.au>

or call 9562 1666 for assistance

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

**CHeBA**
Healthy Brains Positive Ageing

