

Exercises

for body, brain and mental health

Living with Dementia and being a carer may be challenging, isolating & lonely. **Chair Exercise and Music** support thinking, physical function & mental health.

A social event to enjoy with others who understand.

For people diagnosed with dementia with their family carer and/or paid support carer.

Must Register:

Vicki Doolan: Text 0409 526 982

Lorae O'Rourke: 0418 298 183

carersoutlook@gmail.com

www.scdementia.com.au

Payment: to Vicki

\$10 each for a session.

\$15 for a couple.

Includes morning tea.

Pay cash or via Eftpos. Invoices & Receipts can be given to claim from My Aged Care & NDIS packages.



Tuesdays, 2024. From 6th Feb
10 am – 12 noon. Morning tea
Laurel Springs Village Clubhouse,
18 Doolan Street, Nambour.
Ample parking.

Wear comfortable clothes. Prefer to exercise bare feet, but socks or joggers can be worn. Bring a water bottle.



Ageless Grace: 0409 526 982

Vicki Doolan & Stuart Lomax