

Chair Exercise

for body, brain and mental health
2025

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

A social event to enjoy with others who understand.

For people diagnosed with dementia and related disorders 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 Efptos. Invoices & Receipts can be given to claim from My Aged Care & NDIS packages.

We thank Laurel Springs Retirement Village for allowing us to use its



**Tuesdays, (weekly) 2024. From 21st Jan
10 am – 12 noon.**

Morning tea is provided.

**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