

# COMMUNITY AWARENESS



## Alzheimer's Australia NSW Memory Van is visiting Nyngan

Alzheimer's Australia NSW Memory Van is a mobile information service packed with helpful resources about memory concerns, dementia and information including the simple steps you can take to maintain brain health. Drop by for a chat and collect some brochures and information sheets. Material is provided free of charge.



### MAIN TOPICS INCLUDE:

- Alzheimer's Australia services
- Memory changes
- Memory concerns
- What is Dementia?
- Information for carers
- Dementia Risk Reduction including  
5 Simple Steps to maximise brain health

Information sheets will be available for all visitors

### MEMORY VAN LOCATION

**Date** Wednesday 31st August 2016

**Cost** Free

**Time** 1- 3 pm

**Venue** Railway Square, Pangee St

**No BOOKINGS required**

### NATIONAL DEMENTIA HELPLINE

**1800 100 500**

**UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA**  
FIGHTDEMENTIA.ORG.AU

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