

Healthy Mind Healthy You

CANTONESE

FREE INFORMATION SESSIONS



A healthy brain is essential for living a long, happy and healthy life!

Join our FREE information session and learn how to maintain a healthy brain and reduce the risk of cognitive decline.

Sessions offered in eight (8) different languages from 10am to 12pm. Morning tea provided.

Secure your spot via the QR code or call Council on 1300 581 299.

