

# ALZHEIMER'S DEMENTIA PREVENTION



*DID YOU KNOW THAT DIET CAN HELP  
WITH ALZHEIMER'S  
AND DEMENTIA*

**Come learn the 6 pillars of a brain-healthy lifestyle!!!**

*Your invited to attend an information session that will discuss ways in which diet and lifestyle choices can improve and in some cases delay the onset of Dementia and Alzheimer's.*

## **Location:**

Pearl Supported Care  
11 Waratah Crescent, Fannie Bay  
Ph: 08 8946 1800

**Time: 6pm**

**Date: 4<sup>th</sup> of March**

