

# MIND YOUR MIND!



LEARN HOW TO KEEP YOUR BRAIN ACTIVE SO YOU STAY SHARP INTO OLDER AGE AND REDUCE YOUR RISK OF DEVELOPING DEMENTIA.

## **WHERE**

St Johns Centre, corner of Willis/Dixon Streets Wellington

## **WHEN**

18 October or 23 November, noon - 1pm

## **WHO**

Presented by Alzheimers Wellington for any interested persons



*Wellington*

GOLD COIN DONATION AT DOOR