



# Taking Care of Your Brain

## A Community Information Session

A review of lifestyle strategies that can maximise brain health and potentially reduce the risk of developing dementia and an overview of our services.

### Timboon

**WHEN** Wednesday 21 March

**WHERE** Conference Room,  
Timboon and District  
Healthcare Service (TDHS)

**TIME** 2:00pm - 3:00pm  
Light refreshments will be  
served from 1:45pm

**COST** Free

**RSVP** At TDHS Reception or by  
calling (03) 5558 6000 by  
Monday 19 March

### Camperdown

**WHEN** Thursday 22 March

**WHERE** Killara Centre,  
210-212 Manifold Street,  
Camperdown

**TIME** 2:00pm - 3:00pm  
Light refreshments will be  
served from 1:45pm

**COST** Free

**RSVP** At Corangamite Shire Civic  
Centre or by calling  
(03) 5593 7100 by  
Monday 19 March

### FOR FURTHER INFORMATION

Please contact Clare Vaughan on 0400 369 525 or [clare.vaughan@corangamite.vic.gov.au](mailto:clare.vaughan@corangamite.vic.gov.au)

