

Testimonials

*“I felt flat yesterday, but I feel great today. Best anti-depressant ever being with Alzheimers Wellington!”
(P.V) 2016*

“My mother’s spirits lifted and she was much more positive after attending these workshops. It did her good to see that others with dementia could carry on intelligent conversations and laugh a lot.” (J.R.) 2016



Living Well with a Cognitive Impairment

After a diagnosis of Mild Cognitive Impairment or Dementia, you may feel overwhelmed, and unsure what to do next

*This course could be
the best next step for you*



In this course, you will:

- Learn about mild cognitive impairment and dementia
- Understand brain function
- Create a Living Well Plan just for you
- Meet other people living with a cognitive impairment

**This two session course is run by
Dementia Advisors from
Dementia Wellington**

2018 Course Dates

Region	Session 1	Session 2
Hutt Valley	6th March	13th March
Porirua	23rd May	30th May
Wellington	25th July	1st August
Kapiti	2nd October	9th October

Each day is 10.00am to 2.30pm

REGISTRATION IS ESSENTIAL!

**For more information contact Kirstie Wilton on
(04) 972 2595
or email admin@dementiawellington.org.nz**