



DEMENTIA ACTION WEEK 2024

Act now for a Dementia-Friendly Future

Join us for a **FREE** event with a panel of dementia professionals, followed by chair yoga, mindfulness meditation, and light refreshments.

This is a great opportunity to ask questions and learn more!



Wednesday 18th of September



12:30 pm to 3:00 pm



Royal Melbourne Hospital-
Health Education Centre
34-54 Poplar Road, Parkville



Scan to Register

For more information, contact Luisa Cano at 0401 572 117.

Event Sponsored by:

➤ Melbourne Royal Hospital
➤ Merri health

➤ Australian Multicultural Community services
➤ Dementia Australia

How to Get There

- Tram: Take the 58 tram to Park Street stop.
- Parking:
 - Main Car Park: Entrance via Poplar Rd, \$13 for 4 hours.
 - Limited Free Parking: Available on Park Street.
 - Disabled Parking: Free for cars displaying a disabled permit in marked disabled parking spaces outside the public car park.
- Signage: There will be signs to guide you to the venue.

(Refer to the map below for directions.)

