## SUPPORTED LIFESTYLE PROGRAM FOR PEOPLE OVER 65

## FRIDAYS FROM 10AM-3PM

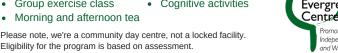
Get social at your own pace in our weekly Supported Lifestyle Program, catering to people with mild dementia or cognitive impairment. Designed to engage older people in a meaningful way, this program draws on a person's strengths and interests to build capacity and encourage independence.

## Our program includes...

- Door-to-door transport
- Group exercise class
- Morning and afternoon tea

Eligibility for the program is based on assessment.

- Three-course lunch
- Cognitive activities



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**Balwyn Evergreen Centre** 45 Talbot Ave, Balwyn VIC 3103 Open Mon-Fri 8.30am-4.30pm

www.balwynevergreen.org.au

For bookings or enguiries call 9836 9681 or email office@balwynevergreen.org.au ര

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