



AmbaCare Solutions

FREE course for anyone

living or working in Birmingham

'Boost your brain to beat dementia!'
(Building Brain Resilience)

1 to 3.30 pm on 1 March 2024 On-line via Zoom

Have you ever wondered if there's anything you can do to reduce your risk of getting dementia or do you just think it's an inevitable part of getting older?

If your answer is yes then come and join us for an interactive workshop where you will learn about -

- the 5 most important things you need to know about dementia***
- the 12 things that increase your risk of dementia***
- what you can do to 'boost your brain to beat dementia'***

Book your place -

Zoom Link for Boost Your Brain to Beat Dementia 1 March 2024

**use the QR code
to register**



For further information call

Ruth Chauhan Director of Health & Wellbeing & Dementia Services

m. 07974 727223 or email ruth@amba-uk.org