



LONGEVITY



WANT TO LEARN HOW TO PREVENT DEMENTIA?

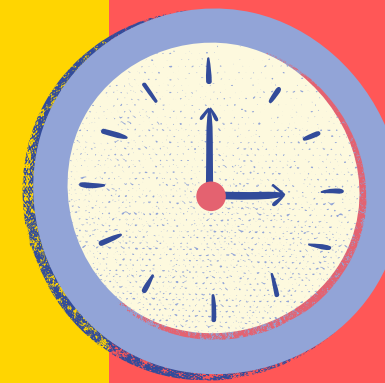


WHERE?

181 Rose Avenue Coffs Harbour, NSW, 2450

WHEN?

Every second Thursday
10am-11.30am



Come and join us for our
FREE longevity, positive
ageing dementia prevention
and education event, hosted
by Dr Tyagi

WHATS INVOLVED?

- Longevity
- Learn how to reduce your risk of dementia
- Blood pressure check
- Positive Ageing
- Diet and Brain superfoods

WHO SHOULD COME?

- Prevention is for
EVERYONE!



**ENGAGE
EDUCATE
EMPOWER
ACHIEVE**

REGISTER

By phone or QR code



<https://forms.gle/DnWkkFa36RMy1MBL7>



CALL:

(02) 6650 0921

OR

0434 863 701

<https://coffscoastmedicalspecialists.com.au/>