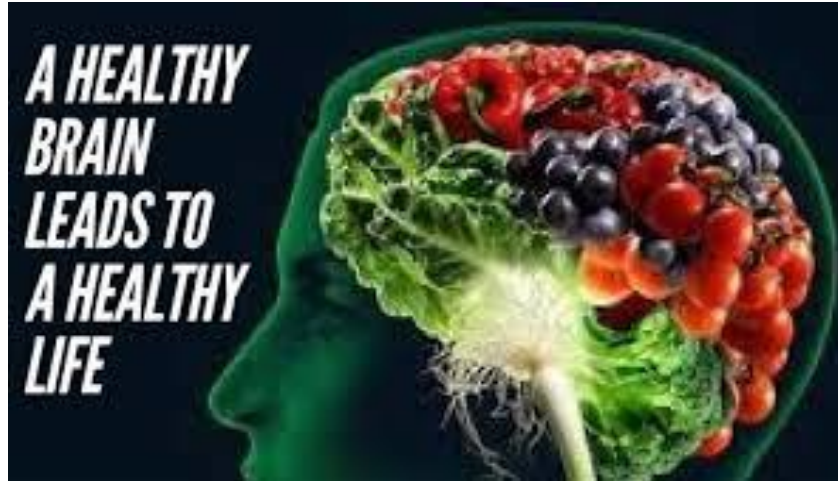


Probus Neutral Bay Guest Speaker – 10th AUGUST 2021

SANDRA RYAN – Health Promotion for Older People



“HEALTHY BRAIN, HEALTHY LIFE”

The brain is an incredible organ. It's the organ that never shuts off, never takes a break and is always functioning. It is made up of many different parts, which work together to keep you alive and carry out everyday tasks and functions. Keeping your brain healthy is essential for living a fulfilling, healthy and long life. In fact, scientific research suggests that a brain-healthy lifestyle can reduce your risk of developing dementia later in life. Whether you are old, young or in-between, there are simple changes you can make to improve and protect your brain health. It is never too late to get started.

Our Guest SpeakerSandra Ryan and her Organisation: The Health Promotion Service for Older People is a joint project of the Combined Pensioners' and Superannuants' Association and NSW Health. It aims to provide older people with up to date and authoritative information which will help them improve and maintain their health and enjoy an active and engaged life. Sandra is a trained volunteer peer educator with the Health Promotion Service. This means that she is herself an older person and personally engaged with the information she presents.

In addition

Sandra is a semi-retired physiotherapist who thoroughly enjoys presenting various health topics to others in their senior years. She loves getting out on her bike, especially on all the bike paths around Sydney. She also loves yoga and has been practising for some 25 years. Her latest undertaking is line dancing and she claims it to indeed be a serious memory work out.

The Presentation.....

This talk presents evidence-based information about normal and abnormal brain changes with age. Dementia, as an abnormal aspect of ageing, is discussed. The emphasis is on a positive proactive approach and key strategies are outlined.

My brain is telling me to listen carefully to this presentation.