

Speaker Series: Food for Thought

Nutrition, Brain Health and Dementia

Join Tara Jewell, Associate Lecturer with the University of Canberra's Centre for Ageing Research and Translation, to explore the links between nutrition, brain health and dementia. Enjoy morning tea and a cooking demonstration among the vegetables growing at peaceful Scullin Community Garden, with recipes to take home and try.

🗓️ **When**	Wednesday 25 November
⏰ **Time**	10:00am-12:00pm
📍 **Where**	Humpy Hall, Scullin
💲 **Cost**	Free (registration is essential)

RSVP / Booking: To find out more contact our team on 02 6264 0200 or contact@crcs.com.au. Community transport is available. Enquire at time of booking.

Capital Region Community Services

crcs.com.au