



**FREE  
EVENT**

## Carers Session

### Facilitated by Dr Penny King

**When:** Monday 2 September 2019

**Time:** 2.00 - 4.00 pm

**Where:** Level 1 Dining Room, Robina Private Hospital

1 Bayberry Lane Robina QLD 4227

**Speaker: Dr Helena Popovic** - Is a medical doctor, leading authority on improving brain function, best-selling author, international speaker and media commentator. She graduated from the University of Sydney and her philosophy is that education is more powerful than medication. Promoting vibrant physical and mental health is not just her profession, it is her passion, her purpose and her personal way of life.

**Topic:** How to boost your brain and defy dementia. In this lively presentation, Dr Helena will share her adventure with dementia during the 10 years she cared for her father who had Alzheimer's disease. You'll discover how you can improve mental function through simple lifestyle changes and practical daily strategies.

Robina  
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