

DEMENTIA PREVENTION

DISCUSSION & INSIGHTS FOR A HEALTHIER FUTURE

KNOWLEDGE TODAY. BETTER TOMORROWS.

This open, discussion-based workshop brings together evidence-based insights on dementia prevention with space for shared experiences, questions, and reflection.



**PROTECT YOUR BRAIN.
PREVENT DEMENTIA.
PRESERVE YOUR FUTURE.**



**BOOKING IS REQUIRED
AS SPACES ARE LIMITED.**



Please ring
020 8886 5346
to book your place.



**WEDNESDAY
MAY 20**



10:00 AM – 12:00 PM

STRUCTURE



INTRODUCTION

Overview of brain health and why prevention matters



UNDERSTANDING RISK

Exploration of key modifiable risk factors (e.g. physical activity, sleep, social connection, cardiovascular health)



GROUP DISCUSSION

Guided conversation around daily habits, challenges, and perceptions of brain health



PRACTICAL APPROACHES

Discussion of realistic ways to support brain health in everyday life



REFLECTION & NEXT STEPS

Opportunity to reflect, ask questions, and consider individual next steps



ABOUT THE TUTOR

Dr Michelle Reshef is the Founder of Dementia Prevention UK and a behavioural scientist specialising in brain health and dementia prevention.



**Dementia
Prevention
UK**



Open to all members of our community. Everyone is welcome!



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