

# SUPPORTED LIFESTYLE PROGRAM

FOR PEOPLE OVER 65



**FRIDAYS FROM 10AM-3PM**

Get social at your own pace in our weekly Supported Lifestyle Program, catering to people with mild dementia or cognitive impairment. Designed to engage older people in a meaningful way, this program draws on a person's strengths and interests to build capacity and encourage independence.

## Our program includes...

- Door-to-door transport
- Group exercise class
- Morning and afternoon tea
- Three-course lunch
- Cognitive activities

Please note, we're a community day centre, not a locked facility. Eligibility for the program is based on assessment.



Balwyn Evergreen Centre  
45 Talbot Ave, Balwyn VIC 3103  
Open Mon-Fri 8.30am-4.30pm  
[www.balwynevergreen.org.au](http://www.balwynevergreen.org.au)

For bookings or enquiries  
call 9836 9681 or email  
[office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)

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