

Peace of mind for you, a great day out for them



WEDNESDAYS & FRIDAYS FROM 9.30AM-3.30PM

Our Supported Lifestyle Program offers a warm, community-based experience filled with laughter and connections. It's designed for people living at home with mild dementia or cognitive decline who still want to get out and socialise.

What's included:

- Engaging activities to keep minds and bodies active
- Tailored gentle exercise class led by an Accredited Exercise Physiologist
- A welcoming community setting, not an institution
- Dementia-trained staff and caring volunteers
- Morning tea, lunch and afternoon tea
- Optional bus transport to and from home

Caring for an ageing parent can be a lot to carry. Finding the right support should feel reassuring, not clinical. Contact us to find out how we can support your family.

**Balwyn
Evergreen is
my home
away from
home.**

Phillip, SLP client

Balwyn Evergreen Centre
45 Talbot Ave, Balwyn VIC 3103
Open Mon-Fri 8.30am-4.30pm
www.balwynevergreen.org.au

For bookings or enquiries
call 9836 9681 or email
office@balwynevergreen.org.au

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