

Maintaining Social Engagement study

Get access to free healthy ageing webinars from UNSW Sydney



What's involved?

- 5 online group sessions
- 3 individual online sessions to track progress

Who can take part?

- Aged over 55
- Noticed changes in memory/thinking OR living with mild cognitive impairment or early stages of dementia
- Able to join online meetings via laptop or tablet
- Have conversational English
- Located anywhere in Australia

How will I benefit?

- Connect with others
- Maintain or enhance your confidence by engaging with others in a small group setting

Interested?



- Starting January 2024
- Email: s.samtani@unsw.edu.au

Ethics approval
iRECS0834



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