



**FREE
New
Course**

NURTURE YOUR MIND

Nurture Your Mind (NYM) is a mental well-being programme for seniors in the community. The programme introduces the concept of mental well-being, positive ageing, staying socially engaged, raising awareness and understanding the rise of dementia and depression.

The programme will comprise of four 1-hour interactive and mind stimulating sessions covering different topics, which can be conducted as one-hour standalone sessions, or combined as a longer workshop.

**Session 1:
Grooving
Up Your
Golden
Years!**

Learn the concept of resilience through a reminiscence activity

Learn about cognitive efficacy and dementia

**Session 3:
Power-up
Your
Brain!**

**Session 2:
Let's
Make
Friends!**

Learn about emotional and social intelligence through activities such as charades

Explore the meaning of self-esteem and learn how to look good and feel good with practical tips

**Session 4:
Age
Gracefully,
Age
Beautifully**

To register, contact Ying Hong

Email: lohyinghong@fyics.org or

call 8876 8027



全新
免费
课程



陶冶心智

陶冶心智为提升社区乐龄人士心理健康而设计的课程。内容包括介绍健康心理的概念，积极的老化，保持社交生活以及提高对失智症和忧郁症的了解和意识。

课程历时4个小时。由4个时长为1小时的独立单元组成。每个单元涵盖不同主题包括了交互活动和脑力激荡，同时每个单元又可以成为独立的课程被选择学习。

单元一：
我们的黄金年华

透过缅怀过往的活动学习适应能力的概念

单元三：
为你的头脑充电

了解思维智商和失智症

单元二：
让我们来交朋友

透过活动学习情感智商和社交智商

单元四：
温文尔雅的老化

探索自尊心的意义，实用贴士帮助我们学习如何让自己穿着得体，并自我感觉良好

报名，请联络映虹，

发送电邮至 lohyinghong@fycs.org

或拨电至8876 8027

