

# Healthy Minds

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

## Who is the program for?

People aged over 50 experiencing adjustment difficulties, anxiety, depression or memory loss and would like to improve their daily functioning.

## Program content

- Memory training
- Exercise
- Diet for a healthy brain
- Social activities
- Dance
- Tai Chi
- Education sessions
- Relaxation
- Mindfulness
- Brain Gym

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### About the program

This program is designed for older people who may be experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. Patients focus on age related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

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### When is it held?

Every Thursday from 9:15am to 3:00pm, over twelve weeks. Morning tea and lunch is provided. The program runs continually and patients are able to join at any time.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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