

THE URGENCY



Today, one in 10 seniors who are aged 60 and above in Singapore has dementia.

With increased life expectancy and a rapidly ageing population, dementia cases are expected to triple by 2030. It is important to raise awareness of dementia and focus efforts on prevention.

THE SOLUTION

Research on cognitive stimulating activities for community-living seniors showed that early psychosocial intervention can reduce the incidence of dementia, improve seniors' quality of life and reduce the burden of disease in families and society.



NEW & UPCOMING



With a rising prevalence of mental health problems, the Mind Art Experiential Lab serves as an incubation hub to explore innovative ways to strengthen Emotional Resilience and optimise Cognitive Performance via various forms of art and other contemplative & reflective practices (e.g., mindfulness).



We welcome you to visit us at:

Alexandra Hospital, Block 29, Level 2
378 Alexandra Road, Singapore 159964



To find out more, please contact
joy_jiaoyu_chen@nuhs.edu.sg

ABOUT MIND SCIENCE CENTRE

Mind Science Centre is the first in Asia to take an upstream, evidence-based, non-drug approach to optimise cognitive performance, build emotional resilience and promote mental well-being through translational research and community programmes to improve quality of life.



Follow us for updates!
[@mindsciencecentre](https://www.facebook.com/mindsciencecentre)

Mind Science Centre is a National University Health System Centre of Excellence and NUS Yong Loo Lin School of Medicine, Psychological Medicine, academic research centre.

MIND SCIENCE CENTRE

Age Well Everyday (AWE) Programme



Holistic and Evidence-based dementia and depression prevention programme

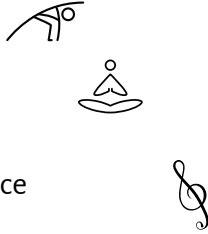


Mind Science Centre
Yong Loo Lin School of Medicine

AWE PROGRAMME

A structured, evidence based programme which includes:

- Health Education
- Exercise
- Mindfulness Practice
- Art & Music Reminiscence
- Horticultural Therapy



& more...such as Forest walking, Choral singing, Dancing..

BENEFITS

Age Well Everyday is designed to delay cognitive deterioration, reduce anxiety and depression, and increase socialization – thereby delaying the onset of dementia and improving the quality of life of seniors.

WHO IS AWE SUITABLE FOR?

- Adults aged 40 & above
- Seniors/Retirees
- Caregivers
- People with Mild Cognitive Impairment

AWE E-LEARNING COURSE

This course complements the AWE programme and provides participants and volunteers with in-depth knowledge on lifestyle management, dementia, depression, stroke, caregiving, and comprises:

6
Online
Modules

2
Face-to-face
mindfulness
sessions

1
Webinar with
healthcare
professionals

- 4 runs per year: January, April, July, October
- Course fee: \$200.
50% NSA subsidy is available for Singaporeans/PR aged 50 & above. T&Cs apply. Contact us at pcmbbox6@nus.edu.sg for enquiries.



Scan QR to sign up for the AWE E-learning course or visit <http://tiny.cc/AWEregistration>

BE A VOLUNTEER

Impact more than 1,400 seniors!

Contact us at pcmbbox6@nus.edu.sg to sign up or to implement AWE in your community today!



"After retirement, I chose to be a volunteer, not only to keep my mind and body active."

-Mr Tan Peng Guan, pioneering AWE E-Learning Training Course & AWE volunteer Trainer (RSVP)

He values the time he spends with other seniors.

"I get the chance to be sociable again."

-Mr Ng Eng Yam, AWE programme participant

"Only once a week, but I feel happy attending the sessions."


-Mdm Susan Tan, AWE programme participant

JOIN AN AWE CLASS NEAR YOU

<http://tiny.cc/AWEschedule>

- Training & Research Academy at Jurong Point
- Hannah Seniors Activity Centre @ Toh Yi
- Queenstown Community Centre
- Leng Kee Community Centre
- Eunos Community Centre
- Tampines-Changkat Community Centre
- Kong Meng San Phor Kark See Monastery
- RSVP Singapore Organization of Senior Volunteers



Make a
difference. 
Donate online.