



Dementia Prevention Presentation: Being Proactive

Did you know that **45% of dementia cases are preventable**?

Following a recent presentation by **Professor Susan Kurrle** from Sydney University, her insightful slides are being shared with the residents of OCR. While most presentations focus strictly on risk areas, this session highlights practical ways and means to be proactive about avoiding those risks.

This is a **pure slide presentation** with no live commentary. All questions raised during the sessions will be compiled and forwarded directly to Professor Kurrle for her feedback.



Session Details

- **Date:** Monday, 26 October 2026
- **Location:** Clubhouse Theatre

Due to strong interest (around 40 residents registered so far), the event has been split into **two sessions** to ensure everyone can fit comfortably. Please attend according to your surname:

- **Session 1 (Surnames A – L):** 10:00 am
- **Session 2 (Surnames M – Z):** 11:30 am

Note: There is flexibility if your allocated time does not suit, but please stick to it if possible so we can manage seating numbers.



Important Info

- **Seating:** The theatre holds 20 to 25 people comfortably, so we will be bringing in extra plastic chairs to accommodate everyone.
- **Expression of Interest:** If you haven't already done so, a sign-up list remains on the **bar counter in the Clubhouse** for anyone still wishing to attend.

Kind regards,

John Oxley