



JOIN US!



COGNITIVE STIMULATION PROGRAMME (CSP)

For Seniors With Mild Or Moderate Dementia

WHEN?

14 SESSIONS*:
9 OCT - 27 NOV 2023
(MON & WEDS, 2PM-4PM)
BLK 55 CHAI CHEE DRIVE

BENEFITS

Actively stimulates and engages people with dementia through an optimal learning environment with the social benefits of a group setting.

OPENING SPECIAL:
\$175 for 14 sessions

For participants staying **outside** of Kembangan-Chai Chee & Kampong Chai Chee.
(Usual price: \$350)



WHO IS IT FOR?

CSP @ Filos is an evidence-based programme for seniors with mild to moderate dementia. It includes physical activity to prevent both physical and cognitive frailty.

The upcoming sessions will be conducted in Mandarin.

FREE
for residents
of Kembangan -
Chai Chee &
Kampong Chai
Chee!



Sign up now at
bit.ly/Filos-CSP-Oct2023
For enquiries, please call 6241 1503



认知刺激课程

适合初期及中期失智者参与

时间/地点

十四堂*: 10月9日 - 11月27日
(周一和周三, 下午2点到4点)
天友社区服务中心
菜市街大牌55



谁适合参与?

有数据证明, 认知刺激课程有助延缓失智病况, 适合初期及中期失智者参与。

认知刺激课程将以华语进行。

好处-

认知刺激课程是通过最佳学习的集体活动帮助参与者, 建立社交, 积极地刺激失智者的大脑活动。它也包括了一些能预防身体和认知衰退的肢体活动。

有兴趣者, 请扫描二维码或通过 bit.ly/Filos-CSP-Oct2023 报名



课程
免费!

1 景万岸与甘榜菜市的居民:

2 非景万岸与甘榜菜市的居民:
新介绍特价: \$175 (共十四堂)

原价: \$350

询问电话: 6241 1503