



March 26, 2024 marked the launch of 3Bridges Mindful Dementia Care in Ashfield.

3Bridges hosted the launch of the Mindful Dementia Care Ashfield program to a packed room of service providers and local organisations.

The event welcomed Professor Michael Fine and Dr. Beatriz Cardona to share their research on the topic of dementia and more specifically how the Mindful Dementia Care model of care is positively impacting participating people living with dementia and their carers.

We welcomed special guest Cora, carer for her husband Ed who is an avid participant in the Mindful Dementia Care program, she gave real world insights to the impact the program has had on her and Ed's wellbeing.

The highlight came with Dr. Helena Popovic's passionate, entertaining and extremely informative session about her own journey as a carer for her father living with dementia and how our decisions are more powerful than our DNA and education is more powerful than medication.

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