

Chinese  
Health  
Seminar

# Preventing and Managing of Dementia

Wednesday, 20 May 2026, 10am-12pm

Onehunga Community Hall

3 Pearce St, Onehunga, Auckland

Join us for an informative health seminar on understanding dementia (Alzheimer's disease) & the practical strategies for prevention & management

## Guest Speaker:

**Sharon (Xiaojing) Wu**

PhD, MND, BAppSc (ExSpSc)

Research Fellow

NZ Registered Dietitian

Programme Manager for IDEA)  
of the University of Auckland

## You will learn:

- How brain health supports memory, mood, and independence
- The importance of early lifestyle interventions
- Practical strategies to protect your brain at any age
- Fun cognition/physical activities to get you moving



RSVP to  
09 - 815 2338 - 2 ( Chinese)  
or [lily.xu@asiannetwork.org.nz](mailto:lily.xu@asiannetwork.org.nz)



THE UNIVERSITY OF  
**AUCKLAND**  
Te Whare Wānanga o Tamaki Makaurau  
NEW ZEALAND

The **A**asian Network  
Incorporated

华人健康  
研讨会

# 预防与管理 失智症（阿尔兹海默症）

2026年5月20日，周三上午10点 - 12点

Onehunga 社区活动中心

3 Pearce St, Onehunga, Auckland

欢迎参加有关失智症的华人健康研讨会，了解阿尔兹海默症，如何预防和管理。

## 演讲嘉宾

Sharon(Xiaojing) 吴博士

MND, BAppSc (ExSpSc)

奥克兰大学研究员

新西兰注册营养师

新西兰失智症影响与公平项目

(IDEA) 经理



## 您将学到：

- 大脑健康如何帮助我们的记忆、情绪与独立生活能力
- 及早进行生活方式干预的重要性
- 适合各个年龄段保护大脑的实用生活策略
- 有趣的认知与身体活动，让您动起来！

有意参加者请报名（提供简餐）。  
请致电：09 - 815 2338 - 2 (中文) or  
[lily.xu@asiannetwork.org.nz](mailto:lily.xu@asiannetwork.org.nz)



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