



MIND FORWARD 健腦同行

Brain Health & Chronic Disease Prevention Program

廣東話腦健康與慢性病預防教育課程

Evidence-Informed Workshop | 循證工作坊



ABOUT THE PROGRAM | 課程簡介

Mind Forward is a 6-session Cantonese community education program designed to help community members: 健腦同行是一個共六節、以粵語進行的社區教育課程，旨在幫助社區人士：

- ✓ Understand brain health and how to reduce dementia risk
了解腦部健康，以及如何可以減低患認知障礙症的風險
- ✓ Learn practical strategies for a healthy mind and body
學習促進身心健康的實用方法
- ✓ Recognize early signs and know where to find help
識別早期警號，並知道有需要時可以到哪裏尋求協助
- ✓ Build a caring and informed community
共同建立一個互相關懷、掌握正確資訊的社區



WHAT YOU'LL EXPERIENCE | 課程特色



1. Retired doctor & community-led support
退休醫師與訓練導師的溫暖陪伴與專業分享



2. Interactive group learning & brain-friendly habits
互動學習，實踐促進腦健康的生活習慣



3. Stress relief, connection & sensory self-checks
紓壓放鬆、社交連結與簡易感官檢視



4. Simple tools for healthy living
生活化的健腦工具與記憶貼士



REGISTER / CONTACT | 報名 / 查詢

Ready to join us? Register today.
歡迎參加，立即報名。



Carey Lai



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www.caringmindsalliance.org

Free Program • Advance Registration Required
課程免費 • 必須預先報名



Learn More 了解更多



PROGRAM DETAILS | 課程詳情



Language 語言: Cantonese 廣東話



Dates 日期: September 19 – October 24, 2026



Schedule 課程安排: 6 weekly sessions
共6節，逢星期六上課



Time 時間: Saturdays,
10:00 AM – 12:00 PM



Cost 費用: Free 免費



Location 地點: Lord's Grace Christian Church
1101 San Antonio Rd,
Mountain View, CA 94043



Who should attend 對象: Cantonese-speaking adults,
especially ages 40+
粵語成年人，特別是40歲或以上人士



Registration Deadline
報名截止日期: Saturday, September 5, 2026
2026年9月5日（星期六）

Caring Minds Alliance is a 501(C)3 nonprofit organization dedicated to empowering individuals, families, and the community through dementia education, caregiver support, brain health awareness, and connecting people with local resources.

健腦聯盟是一間 501(c)(3) 非牟利機構，致力透過認知障礙症教育、照顧者支援、腦部健康推廣，以及協助有需要人士連繫本地社區資源，為個人、家庭及社區提供知識和支援，提升他們作出選擇和應對挑戰的能力。



Better Brain Health. A Healthier Community.
健腦同行，共建更健康社區

