

## **PRESS RELEASE**

### **Announcing "Towards Aging-Prepared Community" Workshop Series**

The Mental Health Association of Sarawak, in collaboration with the Psychiatry Department of Sarawak General Hospital and with the support of the Sarawak Social Welfare Council, is excited to launch a series of 12 workshops called "Towards Aging-Prepared Community." The goal of these workshops is to create a community that supports the elderly and to prepare for the challenges and opportunities of aging. The workshop will run from April to June 2024, at the Kuching Community Social Support Center, Jalan Abell.

### **Empowering All Ages for a Brighter Future**

The "Towards Aging-Prepared Community" workshops aims to empower people of all ages to build a thriving future for themselves and their aging loved ones. Whether you are planning for your own future or looking to support loved ones as they age, this series will cover essential topics and practical sessions aimed at enhancing the quality of life for the elderly, including:

- Psychological Preparation for Retirement
- Diet Modifications for Senior Citizens
- Memory Complaints: Is it Dementia?
- Home Safety: Is Your Home Safe for Aging?

The next workshop is on 20 April, 2 – 4pm, and will be led by clinical psychologist, Ms. Ivana Berenai on Psychological Preparation for Retirement.

### **Interactive and Practical Learning Experiences**

Recognizing the importance of hands-on learning, the workshops will feature interactive sessions led by experts in aging, healthcare, and community support. Participants will have the opportunity to engage directly with professionals, ask questions, and participate in practical exercises designed to apply the knowledge gained in real-world settings.

### **Limited Slots Available**

With only 30 slots open for each session in this exclusive series, interested participants are encouraged to register as soon as possible to secure their place. For more information about the workshop series, please visit our website at [bit.ly/mhas24](https://bit.ly/mhas24) You may also contact Sylvester Nelson at [info@mhasarawak.com](mailto:info@mhasarawak.com) or 016 – 8082015. Join us in shaping a future where everyone can thrive, regardless of age.

## **END OF PRESS RELEASE**

**13th April 2024**

**Mental Health Association of Sarawak (MHAS)**

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### **About Mental Health Association of Sarawak**

Established in 1968, the Mental Health Association of Sarawak (MHAS) is here to help everyone dealing with mental health issues, including their families. We're a non-governmental organisation (NGO) that works alongside others in our community and the

public and private sectors to make sure people know where to find help and feel supported. Our goal is simple: to make sure no one has to face mental health challenges alone and to make talking about and dealing with these issues a normal part of life for everyone.



**Caption: Dr Azizah Saie, psychiatrist, leading discussion on caring for elderly at Kuching CSSC**