



Woollahra
Municipal
Council

(This Friends of St Mark's event is proudly supported by Woollahra Council.)

Melissa Levi Presents a lecture on Ageing, Dementia and Care

**Big Conversations Every Family Should Have About Ageing, Dementia, and Care
Thursday 18 September 2025, 6pm, inside St Mark's Anglican Church**

Talking about ageing, future care, and dementia is something most families avoid – until it's too late. But the families who have these conversations early often experience less stress, less guilt, and far more peace of mind as life changes.

That's why Friends of St Mark's is thrilled to welcome Melissa Levi, Clinical Psychologist, dementia and ageing specialist, and author of *We Need to Talk About Ageing*, for a special evening on Thursday 18 September at 6pm inside St Mark's Anglican Church.

Melissa has helped over 1,000 families navigate ageing, dementia, and care decisions. In this one-hour talk, she will share practical scripts, simple strategies, and powerful stories to help you talk with your family about the things that matter most – quality of life, family roles, medical treatment, aged care, and even end-of-life wishes. St Mark's is excited to be offering this talk as a way of supporting our community as they navigate the joys and challenges of the different stages of life. This event is proudly supported by Woollahra Council.

This is not just another lecture about ageing. It's a real conversation about how to set your family up for the best possible journey – whether you're fit and well, living with early dementia, or caring for someone you love. You'll leave feeling calmer, more confident, and ready to talk about the future in a way that brings your family closer together, not tears it apart.

Why Attend?

- Because silence costs families dearly. Waiting too long to talk about these things can lead to crisis decisions, family conflict, and unnecessary suffering.
- Because you can feel more in control. With the right words and approach, these conversations don't have to be scary – they can be a gift to your family.
- Because there is a better way. Melissa will show you how.