

5 Reasons You Need Magnesium (and How to Get It)

Health Newsletter dedicated to Sri
Lankans globally.

Untreated high
blood pressure
may raise
Alzheimer's
disease risk

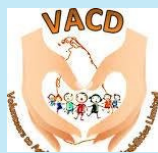
Health & Views

SEPTEMBER 2nd issue 2024

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- Meeting with Dr. Manel Gunasekera (CEO Chitra Lane School for disabled children) who advised us to apply to the Tertiary & Vocational Education Commission of the Ministry of Education, to provide training for young adults in baking and award successful trainees a National Vocational Certificate. VACD Sri Lanka Secretary - Col. Kumarasinghe to pursue this project.



NEWS
From
Bandarawela



- Director & Visiting Consultant to VACD Centres in Sri Lanka Gabriella Vascotto conducted a special training session at our Bandarawela centre for our teaching staff across all three centres to equip them to be ready to be trained via regular video/teleconferences to implement our planned Early Childhood Supported Playgroup Program.

VACD's Projects, Programs, Planned Activities in the Uva Province & Cost estimates for FY 2024/25

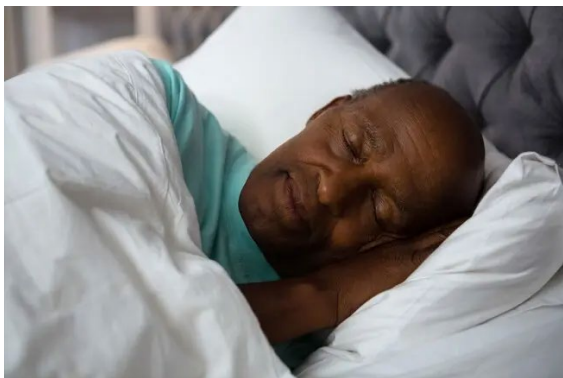
- Continuation and extension of our Education Assistance Program and Family Assistance Program (based on available data and projections).
Estimate: A\$ 20,000 P/A
- Continuation and enhancements to our Nutrition Program (based on available data and projections).
Estimate: A\$ 10,000 P/A
- Provide travel, medical assistance to children from impoverished regions and financially stressed households and free prescribed medication to all our VACD children.
Estimate: Being Discussed and evaluated on a case by case basis
- Conduct quarterly health clinics for VACD children. Implement an "outreach" program via this initiative into remote rural areas of the Uva province where parents having children with disabilities need to be made aware of the reasons for their child's health condition and how to obtain medical guidance and expert advice, in collaboration with the local Ministry of Health (based on available data and projections).

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia – <https://www.vacd.org.au/>
Member of the Advisory Board – VACD Sri Lanka

- Member of the Advisory Board – Two Leaves Foundation Sri Lanka
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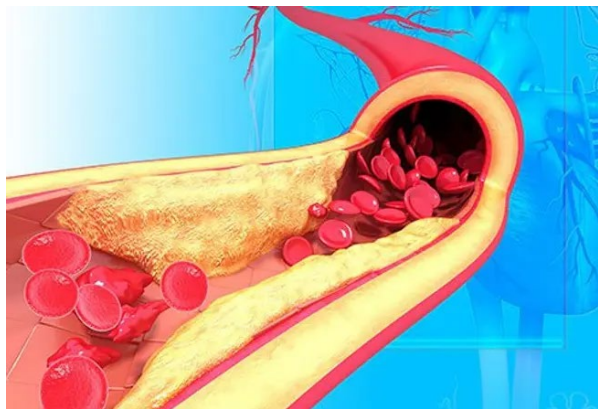
Reasons for Memory Loss and Dementia Risk



Forget your keys? That might be absentmindedness. Forget what you did this morning? That might be a more serious memory problem. Find out what causes memory loss and what you can do about it.

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Y



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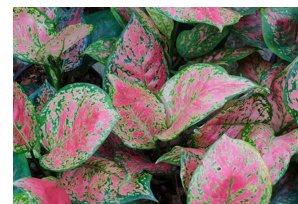
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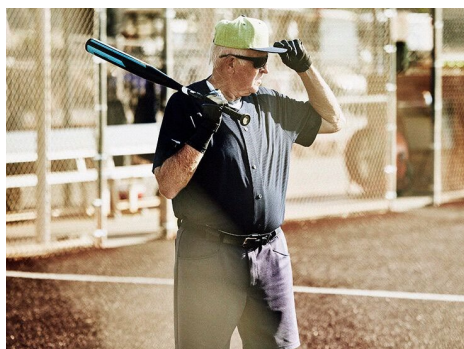
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