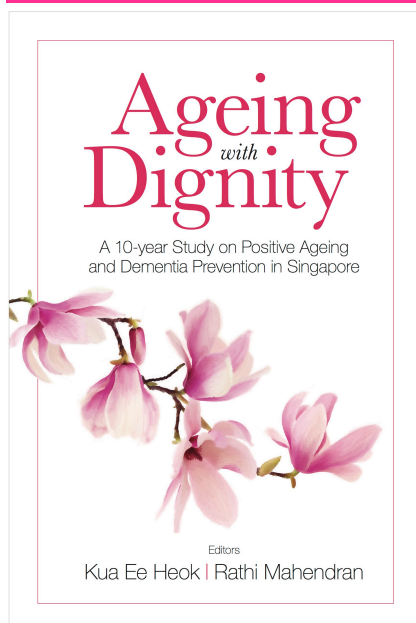


RELEASE 2022



# Ageing *with* Dignity

A 10-year Study on Positive Ageing  
and Dementia Prevention in Singapore

*Ageing with Dignity* captures key findings and insights from a 10-year study on positive ageing and dementia prevention in Singapore. It aims to fill the lacunae of knowledge on ageing in Singapore, from which, enables both young and elderly people to have a better and positive perspective of ageing. Some of the most pressing issues covered are mindfulness, diet, smell and loss impairment, oral health, language and memory. It can be a road map for future research enterprise with translational relevance. Published in collaboration with Mind Science Centre, NUHS & NUS.

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## PRAISE FOR AGEING WITH DIGNITY

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