

Alzheimer Society

HURON PERTH

Healthy
Brain
Workshop

Memory aging &™ PROGRAM

What kinds of memory changes should I expect as I grow older?
What changes are normal and which ones are not?
Can I improve my memory? Find answers at this **4-week** course!

Out-patient Building - 285 Sarah Ave N, Listowel

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|------------------------|-----------------------|
| Monday, May 12 | 1:00 - 3:00 pm |
| Monday, May 26 | 1:00 - 3:00 pm |
| Monday, June 9 | 1:00 - 3:00 pm |
| Monday, June 16 | 1:00 - 3:00 pm |

“
Excellent program - I have
already recommended
it to everyone I meet!
Thank you!
”

“
Very informative -
Great Instructor.
Easy to speak with, very
helpful and approachable.
”

“
There is a lot of
information. I would love
to take this again and
definitely recommend it
to EVERYONE!
”

Public Education course for those 55+ looking to optimize their brain health

\$25 Workbook Fee. Registration required. Group size limited.

To register call: 1-800-561-5012 or 519-271-1910

Email: christyb@alzhp.ca