

Thursday, May 1, 2025

TOPS (take off Pounds Sensibly)

Date and Time: Thursday, May 1 6:25 pm - 7:30 pm

Address: 220 Livingstone Ave. N.Listowel, Ont. N4W 1P9

Thursday, May 8, 2025

TOPS (take off Pounds Sensibly)

Date and Time: Thursday, May 8 6:25 pm - 7:30 pm

Address: 220 Livingstone Ave. N.Listowel, Ont. N4W 1P9

Monday, May 12, 2025

Memory & Aging Program

Date and Time: Monday, May 12 1:00 pm - 3:00 pm

Address: #5 1020 Ontario Street

Memory and Aging Program

Educational program for those 55+ interested in learning more about what they can do to optimize their brain health.

Questions this program will answer:

- 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?

Dates: May 12, 26, June 9 and 16th. (Note no program on Victoria May 19th or June 2nd)

Time: 1:00 - 3:00 P.M.

Location: Outpatient Building - 285 Sarah Avenue North, Listowel

Program registration required and minimum registrants required for program to run.

\$25 fee for workbook and resources. Pay by e-transfer to cathyr@alzhp.ca (please note: Memory and Aging Program on memo line) or cash on first program date May 12th.

For more information or to register call: 1-800-561-5012 or 519-271-1910. Email: christyb@alzhp.ca or info@alzhp.ca

Thursday, May 15, 2025

TOPS (take off Pounds Sensibly)

Date and Time: Thursday, May 15 6:25 pm - 7:30 pm

Address: 220 Livingstone Ave. N.Listowel, Ont. N4W 1P9

Thursday, May 22, 2025

TOPS (take off Pounds Sensibly)

Date and Time: Thursday, May 22 6:25 pm - 7:30 pm

Address: 220 Livingstone Ave. N.Listowel, Ont. N4W 1P9

Monday, May 26, 2025

Memory & Aging Program

Date and Time: Monday, May 26 1:00 pm - 3:00 pm

Address: #5 1020 Ontario Street

Memory and Aging Program

Educational program for those 55+ interested in learning more about what they can do to optimize their brain health.

Questions this program will answer:

- 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?

Dates: May 12, 26, June 9 and 16th. (Note no program on Victoria May 19th or June 2nd)

Time: 1:00 - 3:00 P.M.

Location: Outpatient Building - 285 Sarah Avenue North, Listowel

Program registration required and minimum registrants required for program to run.

\$25 fee for workbook and resources. Pay by e-transfer to cathyr@alzhp.ca (please note: Memory and Aging Program on memo line) or cash on first program date May 12th.

For more information or to register call: 1-800-561-5012 or 519-271-1910. Email: christyb@alzhp.ca or info@alzhp.ca

Thursday, May 29, 2025

TOPS (take off Pounds Sensibly)

Date and Time: Thursday, May 29 6:25 pm - 7:30 pm

Address: 220 Livingstone Ave. N.Listowel, Ont. N4W 1P9

<https://events.northperth.ca>