

Act On It!

Ideas for Keeping a Healthy Brain

It's never too soon or too late to make changes to help improve or maintain your brain health!

Learn about wellness approaches that may reduce your risk of developing Alzheimer's disease or another dementia.

Wednesday, February 19

2:00 to 3:00 pm

Windsor Park United Church

1062 Autumnwood Dr

Presented by Membership and Pastoral Care Council

For more information, contact Luci at 204-256-8792

or officewpuc@mymts.net



10-120 Donald St
Winnipeg, MB
204-943-6622 (Winnipeg)
1-800-378-6699 (Manitoba)