

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, October 8, 2014

1:30 - 2:30 pm

Corydon Community Centre - River Heights
1370 Grosvenor Avenue

Presented by: Jennifer Licardo, Education Coordinator
Alzheimer Society of Manitoba

To register and for more information,
contact Lynda at 204-478-6169



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