

Mind Your Matter

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

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

Monday, September 22

6:30 - 7:30 pm

St. John's Library

500 Salter St.

Call 204-986-4689 to register.



Need more information on this topic? Visit

alzheimer.mb.ca

or ask Library staff for books and other resources.