

Boosting Your Brain Health



Are you noticing changes to your memory, thinking and attention?

This 4-week workshop to help motivated adults take action on improving their brain health.

Learn about:

- How your brain changes from your lifestyle choices and health conditions.
- New ways to improve your brain health.
- How to set goals for day-to-day life that can benefit your brain health.

How do I take part?

- This program consists of 4 sessions, each 2.5 hours in length.
- To register, see the contact details below.
- This AHS workshop is free

Location	Registration Contact	Date and Time
AHS Virtual	OT Services for Chronic Disease Management 780-342-8302	Tuesdays Mar 26 – Apr 16, 2024 9:30-12:00pm
Westend Seniors Activity Centre 9629 – 176 Street, NW	OT Services for Chronic Disease Management 780-342-8302	Thursdays April 18 – May 9, 2024 1:00-3:30pm
Mill Woods Seniors Association 2610 Hewes Way NW #210	OT Services for Chronic Disease Management 780-342-8302	Thursdays Sept 5 – 26, 2024 1:00-3:30 pm

Questions? Call 780-342-8302

Occupational Therapy Services for Chronic Disease Management 19MAR2024

