

Are You Keeping Your Brain Healthy?

- ♦ **Are you aware of the steps to maintain your brain health?**
- ♦ **Are you worried about your memory?**
- ♦ **Do you know the difference between normal forgetfulness and serious memory loss?**
- ♦ **Are you familiar with the warning signs?**

There will be a guest speaker from the
Alzheimer Society of Durham Region

WHEN: Wednesday, March 21, 2018

TIME: 11:45am – 12:45pm

WHERE: Pickering Welcome Centre

REGISTER by e-mailing:

Paliny at panagal@cdcd.org or call

1-877-761-1155 or Ana at 905-420-3607



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