

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
Edmonton Public Library Capilano 9915 – 67 Street NW	OT Services for Chronic Disease Management 780-342-8302	Thursdays February 20 th – March 13 10:30 – 1:00 pm
Edmonton Public Library- Calder 12710 131 Ave NW	OT Services for Chronic Disease Management 780-342-8302	Wednesdays April 2 – April 23 1:00 pm – 3:30 pm
AHS Virtual	OT Services for Chronic Disease Management 780-342-8302	Tuesdays January 21 – February 11 1:00 – 3:30 pm
Southwest Seniors Assoc. William Lutsky YMCA 1975 – 111 St NW	OT Services for Chronic Disease Management 780-342-8302	Tuesdays April 21 – May 12 th 9:30 – 12:00 pm

Questions? Call 780-342-8302

Occupational Therapy Services for Chronic Disease Management 21JAN2025

