

Updated: Feb 4, 2020

Boosting Your Brain Health

This 4-week program is targeted to adults who have heart health conditions such as high cholesterol, high blood pressure and/or Diabetes and are motivated to improve their brain health to reduce dementia risk factors. The goal of the program is to learn:

- How our brains change as a result of our lifestyle and health conditions
- New ways to improve our brain health
- How to set goals for day to day life that can benefit brain health

For more information:

**Occupational Therapy
Services for Chronic
Disease Management
Allied Health-Edmonton
Zone**

780-342-8302

- Participant need to register prior attending. Program is 4 weeks long, 2.5hrs each session.
- Referral is not required.
- Some partnered sites charge an admin fee.

Location	Contact for Registration	Starting Date & Time
South West Edmonton Seniors Association (SWESA) 11304 25 Avenue	SWESA 587-987-3200 SWESA charges \$5 admin fee	Tuesdays Mar 3 – Mar 24, 2020 9:00-11:30am
Calder Edmonton Public Library 12710 131 Avenue	CDM OT 780-342-8302 No admin costs	Tuesdays Feb 18 – Mar 10, 2020 1:30-4:00pm
Strathcona County Health Centre 2 Brower Drive, Baseline Rd Sherwood Park	CDM OT 780-342-8302 No admin costs	Thursdays March 26 – April 16, 2020 1:00-3:30pm
Millwoods Edmonton Public Library 2610 Hewes Way	CDM OT 780-342-8302 No admin costs	Fridays Apr 24 – May 15, 2020 1:00-3:30pm
Central Lions Seniors Association 11113 – 113 street	CLSA 780-496-7369 CLSA charges \$8 admin fee Registration opens March 9	Wednesdays April 22 – May 13, 2020 9:30 – 12:00pm