

Boosting Your Brain Health

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

This 4-week program is for motivated adults to take action on improving brain health and maintaining an active mind.

You will learn:

- How our brains change from our lifestyle choices and health conditions
- New ways to improve our brain health
- How to set goals for day-to-day life that can benefit brain health

How do I take part?

- Participants need to register prior to attending.
Participant are required to attend all 4 sessions, each session is 2.5 hours long
- The AHS workshop is free; however, some partnered sites charge an admin fee.

Upcoming Workshops:

Location	Registration Contact	Date and Time
North Edmonton Seniors Association (NESA) 7524 139 Avenue NW	NESA 780-496-6969 NESA charges \$8 admin fee	Thursdays Feb 2 – 23, 2023 1:00-3:30pm
Virtual – Zoom	OT Services for Chronic Disease Management 780-342-8302	Tuesdays Feb 7 – 28, 2023 1:00-3:30pm
SouthWest Edmonton Seniors Association 10710 19 Avenue, NW	OT Services for Chronic Disease Management 780-342-8302	Tuesdays March 7-28, 2023 9:30-12:00pm
Central Lions Seniors Association 11113 – 113 Street, NW	CLSA 780-496-7369 CLSA charges \$8 admin fee	Thursdays Mar 23 – Apr 13, 2023 9:30-12:00pm

 **Questions? Call 780-342-8302**

