

LET US HELP YOU PROTECT WHAT MATTERS!



Where did I
put my
glasses?

Did I turn
off the
stove?

What was I
about to do?

Memory
aging[™]
PROGRAM

The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us! *Developed by Dr. Angela Troyer in collaboration with a team of psychologists and scientists at Baycrest Centre for Geriatric Care.*

Free Four Session Program at Grandview Drop-In Centre

Mondays, January 6 - 27, 2025 | 1:30 pm - 3 pm

To get the most of of the program please attend most sessions.

To register or more information contact:

Sandra Melnychenko - 204-546-2085

Deb Wilson - 204-937-6277


PRAIRIE MOUNTAIN HEALTH

For details: info@wellnessinstitute.ca or 204-632-3927

thewellness
Institute

wellnessinstitute.ca/clinical-programs/chronic-disease-management-programs