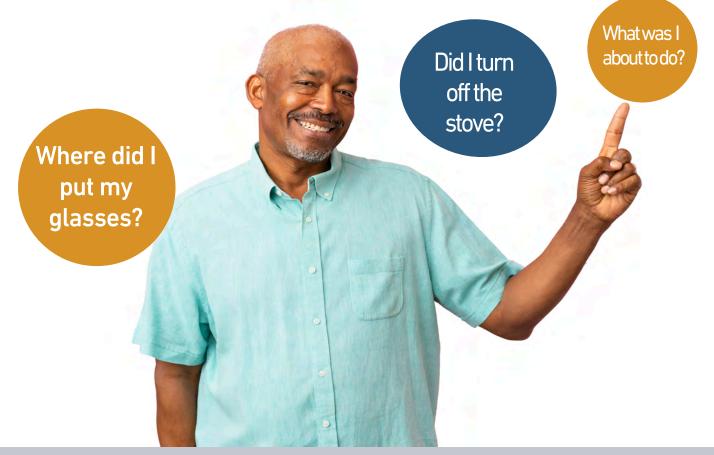
## LET US HELP YOU PROTECT WHAT MATTERS!





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

the**wellness** 

For details: info@wellnessinstitute.ca or 204-632-3927 wellnessinstitute.ca/clinical-programs/chronic-disease-management-programs