



家和專業輔導中心

CHINESE FAMILY SERVICES OF ONTARIO

229-3330 Midland Ave, Scarborough, ON M1V 5E7 T: 416-979-8299 F: 416-979-2743 www.chinesefamilyso.com

Healthy Brain, Happy Life

「腦」得精靈 英語講座

According to Alzheimer Society Canada, over 560000 Canadians are currently living with Dementia.

Topics include:

- ♣ Learn about brain health maintenance
- ♣ Recognize how lifestyle plays a role in reducing a person's risk of developing dementia
- ♣ Understand how to reduce the risk of developing dementia
- ♣ Illustrate strategies to reduce risk of developing dementia

內容包括:

- ♣ 學習保持腦部健康方法
- ♣ 了解生活方式有助減少患失智症風險
- ♣ 認識降低患失智症風險的其他方面
- ♣ 舉例說明減低患失智症各種方法

日期 Date: Thursday, July 11th, 2019

2019年7月11日(星期四)

時間 Time: 6pm – 8pm

下午6時至8時

語言 Language: English

英語(附中文資料)

地點 Address: Aaniin Community Centre (14th Ave. & Middlefield Rd.)

5445 14th Ave., Markham L3S 3K5

查詢或報名 Inquiry/Registration: 416-979-8299 ext. 264 (內線)

****請出示楓葉卡或移民紙以作登記****

Please bring your valid Permanent Resident card or landing document for registration

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Alzheimer Society
YORK REGION