# Walk & Talk

**Staying Active is a vital part of aging well.**
**Socialization is an important part of aging well.**

The Alzheimer Society of Perth County has combined the two and created Walk & Talk. A program for those living with Alzheimer's disease and other dementias and their care partners. This program provides opportunity to be active and social in a welcoming and inclusive atmosphere.

Stratford Rotary Complex
353 McCarthy Rd.
Stratford, ON

November 6, 2017 -
March 12, 2018
This program runs every Monday
(except holidays) from
10:00am - 11:30 am

For more information or to register, contact:
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Alzheimer Society
PERTH COUNTY

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