

Presents

“Reducing the Risk of Dementia”

3 Part Information Series

Tuesday, October 4th, 2022

- **What is Dementia? Challenge Your Brain.**

Tuesday, October 11th, 2022

- **Healthy Food Choices, Physical Activity and Watching your Health Numbers.**

Tuesday, October 18th, 2022

- **Coping with Stress, Protecting your Head and Benefits of Social Activity.**

**Community
Welcome**

**Wallaceburg Adult Activity Centre
205 James Street
Wallaceburg, Ontario
10 am to 12 noon**

**Free
Lunch**

For more information or to register please contact:

**Victoria Stewart
srcentre@kent.net
519-627-6224**

**Tara Seney
tseney@alzheimerchathamkent.ca
519-352-1043**