

Presents

“Reducing the Risk of Dementia”

3 Part Information Series

Friday, September 23rd

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

Friday, September 30th

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

Friday, October 7th

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

Community
Welcome

LOCATION

Ridgetown and Area Adult Activity Centre "The Centre"
40 Erie St. S. PO Box 952
Ridgetown, ON N0P 2C0
10 am -12 noon

Free
Lunch

For more information or to register please contact:

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