

# Dementia & Alzheimer's Awareness



**Tuesday January 29, 6:30 pm**

What is dementia? Is it the same as Alzheimer's Disease? How might I best support a family member or friend who is living with dementia? What can I do to keep my brain healthy?

This presentation by the Alzheimer Society of Niagara will provide an overview of basic information about dementia and brain health. Topics covered will include different types of dementia, risk factors and warning signs for dementia, plus information about accessing diagnosis and treatment. The presentation will also include tips and strategies for maintaining a healthy brain.

This is a free event. Please register at the library or by calling 905.563.7014.



*Société Alzheimer Society*  
NIAGARA REGION



## **Fleming Branch**

5020 Serena Drive  
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