

# UPCOMING First Link® Memory Café PROGRAMS ON ZOOM



The First Link® Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer's Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops online for the First Link® Memory Café featured through Zoom through Mosaic Home Care Services.

## July

**Andrea Ubell from Alzheimer's Society York Region  
presenting on Brain Health**

**Tuesday July 28<sup>th</sup>, 2020 from 1:00 p.m. to 2:00 p.m.**

## August

**Almeiri Santos from Modern Meditators**

*Meditation & Relaxation Session*

**Tuesday August 25<sup>th</sup>, 2020 from 1:00 p.m. to 2:00 p.m.**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



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## Mosaic Home Care Services & Community Resource Centres

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