

# CHATS' Caregiver Support & Education Presents

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## Brain Health



Thursday, January 23<sup>rd</sup>, 2018

9:30 a.m. – 11:00 a.m.

Temperance Hall – 18974 Leslie St. Sharon

**Come join us for a FREE information session on Brain Health**  
*Guest speaker: Anna Malfara, Director of Care for Retire-At-Home Services*

- ❖ benefits of good brain health
- ❖ the five areas of a brain healthy lifestyle
- ❖ brain exercises that boost memory

To register contact Linda Ind at 1-877-452-4287 ext. 6211 or [lind@chats.on.ca](mailto:lind@chats.on.ca)

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