

adult 55+

# Spotlight Series

Free interactive seminars by local guest speakers on various topics of interest.

## Brain Health & Dementia Awareness

presented by Alzheimer Society Durham Region

**Thursday, October 18, 2018**

7:00 pm - 9:00 pm

George Ashe Library & Community Centre

470 Kingston Road, Pickering



Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, and maintaining good heart health.

**Join us at this interactive seminar to learn what you can do for your brain.**

Refreshments will be provided.

**Reserve your space for this free seminar.**

Call 905.420.4660 ext 6104 or online at [eventbrite.ca](https://www.eventbrite.ca)

Alternate format available upon request call, 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)

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