

Heads Up **for** Healthier Brains

Learn how certain lifestyle choices can help to reduce many of the risk factors for Alzheimer's disease.

Friday, April 26, 2024
10:45 a.m. to 11:45 a.m.

Komoka Community Centre
133 Queen St., Komoka

Register at middlesexcentre.ca/rec-programs or call Middlesex Centre at 519-601-8022 ext. 5110.



Alzheimer Society
SOUTHWEST PARTNERS

Your *partner* in dementia care in Elgin, Middlesex and Oxford

In partnership with
 **middlesex**
centre
in the centre of it all