



Alzheimer Society

HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the Alzheimers Society of Hastings Prince Edward offer:

Memory Cafe

Are you worried about your memory and eager to learn ways to boost your brain.

Do you have early stage dementia?

Join us while we discuss brain health, practise brain boost strategies and gentle movement.

When: February 29th, 2024

Time: 1-3:00pm

Where: Elder's Lodge

To register contact: Hannah Hill 613-967-3603, ext. #166 or email chrcwb@mbq-tmt.org

****Open to MBQ members or anyone living on territory****



Indigenous
Services Canada