

Alzheimer Society

LONDON AND MIDDLESEX™

Heads Up for Healthier Brains



Your Brain and Good Health *Making the Connection* Awareness and Education Program

'The Heads Up for Healthier Brains' program illustrates how certain lifestyle choices can help to reduce many of the risk factors for Alzheimer's disease. Making healthy lifestyle choices, being socially active, protecting our heads and keeping the brain challenged are ways to keep the brain healthy.

Additionally, the presentation provides an overview of Alzheimer's disease and other dementias; their impact on the brain and on a person's behaviour. A Q&A time follows the presentation and attendees will have the opportunity to learn about other programs and services offered by the Alzheimer Society.



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For more information or to book a presentation, contact:

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*Along with your contact information please indicate your preferred date/time and the number of attendees expected.

Presentation times outside of office hours are subject to speaker availability.

Speaker request form is also available on our website.

(While there is no set fee for this presentation, a donation to the Society is requested in lieu)