

# HEALTHY BRAIN



## MONTHLY PROGRAM FOR ADULTS

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- Provide Essential Information
- Discuss Common Concerns
- Share Practical Experiences
- Practice Brain GYM
- Practice Brain Stimulation / Hands on Activities
- Maintain Social Connections

**Time: 1:00-2:30 PM**

**Dates: Mondays on January 27, February 17, March 10,  
April 14, May 12, June 9, 2025**

**Where: Room 1 at 2398 Yonge St.**

**Fee: Free**

Limited Space

To register, contact Dong:

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