

Join the Alzheimer Society of Toronto for a public information series

1 Monday, March 12, 2012 - 6:30 p.m. to 8:00 p.m.
Understanding Alzheimer's Disease
Learn the signs, symptoms and risk factors of Alzheimer's disease and other dementias. Discover what services are offered by the Alzheimer Society of Toronto.

2 Wednesday, March 14, 2012 - 6:30 p.m. to 8:00 p.m.
Brain Health
Learn practical steps that you can take that may reduce your risk of developing Alzheimer's disease, as well as maintain or improve your brain health.

3 Thursday, March 15, 2012 - 6:30 p.m. to 8:00 p.m.
Caregiver Stress
Learn to cope with the stresses of caring for someone with Alzheimer's disease or other dementia.

Please join us for any - or all - of these free workshops at:

**Loblaws - The East Mall
(Upstairs in the Community Room)**
380 The East Mall - Etobicoke

To register please call **416-640-6307**
or email: **imoffett@alzheimerontario.org**