

Boost Your Brain Health!

Free Interactive Online Workshop

Baycrest
Academy for
Research and Education

Learn simple steps to keep your mind sharp and reduce dementia risks with an expert from Baycrest.

Speaker:

Salma Soltan, Community Engagement Coordinator, Baycrest

Event Details

- Date: Friday, October 23, 2026
- Time: 10:00 AM – 11:00 AM
- Where: Online via Zoom

What You Will Learn

- Daily habits for a healthy brain
- Simple ways to lower your risk of dementia
- Free online tools to track and improve your mind health



How to Register

- Call: 416-493-3333 (Ext. 820)
- Email: english@splc.ca

Everyone is welcome!

This includes older adults, seniors, family caregivers, and health workers.



Senior Persons Living Connected

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