



大腦健康講座

(廣東話/普通話)

內容：

- 失智症的風險因素
- 了解降低失智症風險的研究結果
- 認識生活方式如何影響患上失智症的風險
- 採取行動以減低患上失智症的風險



日期：2025 年 10 月 31 日 (星期五)

時間：上午 10:45 - 下午 12:15

地點：耆樂中心 -- 康樂室

講員：Bernice Chan

Public Education Coordinator,
Alzheimer Society of Toronto



歡迎長者和照顧長者人仕參加!

**詳情及報名, 請於 10 月 29 號之前致電 (416) 493 - 3333 轉 821
或發電郵至 chinese@splc.ca**

Brain Health Workshop (Cantonese/Mandarin)

Content:

- Risk factors of dementia
- Understand some of the research findings on reducing the risk of developing dementia
- Recognize how lifestyle plays a role in a person's risk of developing dementia
- Commit to take action to reduce the risk of developing dementia

Date: October 31, 2025 (Friday)

Time: 10:45 am – 12:15 pm

Venue: Senior Persons Living Connected – Recreation Room

Speaker: Bernice Chan

Public Education Coordinator
Alzheimer Society of Toronto

Older Adults, Caregivers of aging relatives are welcome!

For more information, / registration: please call (416) 493 – 3333 ext 821

or E-MAIL: chinese@splc.ca before October 29, 2025