

FREE BRAIN HEALTH WORKSHOP

I am
forgetting
things...



Is my
memory
normal?

Baycrest

JOIN 60,000 OLDER ADULTS

cogniciti

Feeling forgetful? Not as sharp as you used to be?
Are you between 40 and 79 years old?
Do you possess basic computer skills?

Baycrest Hospital, a world-leading memory and aging institute, is coming to host a free brain health workshop, which will provide you with a science-based answer to the question,

“Is My Memory Normal?”

You will receive:

- ☒ Your brain health score.
- ☒ A personalized score report.
- ☒ The best tips to keep your brain healthy.



Primrose Hill Community Centre

Thursday, March 22

2 PM - 3 PM and 3 PM - 4 PM

Please sign up at the front desk.