



Hillside Seniors Health Centre  
Yakimovich Wellness Centre

1454 Hillside Avenue

**JANUARY 2012**

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Please check our web site at [www.viha.ca/hshc/yakimovich\\_wellness\\_centre.htm](http://www.viha.ca/hshc/yakimovich_wellness_centre.htm)

**DATE: MONDAY, JANUARY 23<sup>RD</sup>, 2012**

**TOPIC: HEADS UP: INTRODUCTION TO BRAIN HEALTH**

**TIME: 10:00am – 12noon**

**Presenter: Christin Hillary, Support & Education Coordinator, Alzheimer's Resource Centre**

**Session Description:** Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

**Free Admission**

**Register by calling Hillside Seniors Health Centre 250-370-5641**

**OR**

**Register by emailing: [WellnessCentreRegistration@viha.ca](mailto:WellnessCentreRegistration@viha.ca)**

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*(Two hour free parking on side streets or paid parking behind Aberdeen/)*  
For more information call the Yakimovich Centre: 250-370-5641