

# Let's Talk About...

## Brain Health

Over 11,000 people in Durham Region are living with dementia and the risk doubles every 5 years after the age of 65. Amy Stephens from the Alzheimers Society of Durham joins us to discuss the importance of keeping our brains healthy as we age and will provide practical strategies to maximize your brain health.



**Tuesday, July 20, 2021**

**6 p.m. - 8 p.m.**

To register and receive a link please visit  
[communitycaredurham.on.ca/cope-lets-talk-about-registration/](https://communitycaredurham.on.ca/cope-lets-talk-about-registration/)



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