

# Better Living for Your Brain

Better Living for Your Brain (BLFYB) is a group program that is dedicated to providing education on brain function, the importance of brain health, lifestyle measures to maintain cognition function, and strategies for managing memory changes.

## PROGRAM GOALS:

- Understanding brain function, different types of memory, memory process, and how memory normally changes with age.
- Learning lifestyle measures to maintain cognition function.
- Identifying and implementing strategies for managing memory



## WHO IS THIS PROGRAM FOR:

- This program is designed for healthy adults (60 yrs +) who have age-related concerns about their memory changes and want to learn strategies in a group setting to keep their brain healthy.



***To participate in this program, please call your local Burlington Library Branch.***

***For more information please contact the Halton McMaster Family Health Centre at 905-333-8222.***



**Burlington**

Family Health Team

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