

# Better Living for Your Brain: Virtual Series

Better Living for Your Brain (BLFYB) program is taught by Occupational Therapists from the Caroline Family Health Team & the Burlington Family Health Team. The sessions are 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 virtual group setting to keep their brain healthy.



Where: Virtually using the platform Zoom (upon registration you will receive a link)

Cost: Free!

To find about when it is offered and how to register,

please email Lindsay at:

[lvautour@burlingtonfht.com](mailto:lvautour@burlingtonfht.com)



**Burlington**

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