



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



MIND YOUR MATTER: STEPS TO A HEALTHY BRAIN

EAP Workshop

Facilitated by Sheila McIntosh

The brain is one of your most vital organs and just like the rest of your body it needs proper care. It's never too soon or too late to make changes that will help you to improve or maintain your brain health! By making healthy lifestyle choices you may be able to reduce your risk and improve your brain's ability to sustain long term health. Learn about the risk factors of dementia and some practical actions you can take.

**LOCATION: St.Amant
440 River Road
Room W419**

**Date: Thursday, April 11, 2019
Time: 9:00 am. – 10:00 am.**

**Opened to
all staff**

To register contact:

**Employee Assistance Centre
204-786-8880**