

DEMENTIA PREVENTION WORKSHOP

Workshop Dates:

Wed. February 3rd

Wed. February 10th

Wed. February 17th

Wed. February 24th

Wed. March 3rd

Join us for a 5 week virtual educational workshop and interactive support group focusing on dementia prevention and increasing healthy habits. The workshop will meet via Zoom on Wednesdays from 6-7 pm.

This workshop will include presentations on dementia and ways to implement new health habits to lower the risk of developing dementia. This workshop will also help you learn how to implement new healthy habits into your busy life!

Cost: \$50 total for all 5 sessions.

Space is limited. Please pre-register by calling Donna at 630-752-9750 or completing the registration form online at CDPCC.org/events. Payment is required by February 2nd. Insurance is not accepted. Partial scholarships are available. No refunds will be issued for missed sessions.

New Year
New You!

Your brain will
thank you



www.cdpcc.org

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