

**FREE**

# Brain Health Workshops

Learn about brain health in this workshop series offered in partnership with Vancouver Coastal Health and Aging Well Outreach Service RASS. **Registration required.**

## **Meditation Made Easy**

Feb 7, 2018 (Wed) 1:30pm to 3:30pm

Combine deep breathing techniques, guided meditation and gentle stretches in this class that works on ways to better manage stress, reduce worries and improve inner peace, health and quality of life.

Barcode #2369742

## **Coping with Age-related Changes**

Mar 7, 2018 (Wed), 1:30pm to 3:30pm

Learn to recognize the signs for mood changes, memory loss and substance misuse that may occur with aging along with some of the proactive steps to take to support mental wellness.

Barcode #2373142

## **Self-management of Pain**

Apr 4, 2018 (Wed), 1:30pm to 3:30pm

Learn techniques to relieve persistent pain and develop a pain management plan.

Barcode #2371592

## **Introduction to Brain Health**

May 2, 2018 (Wed), 1:30pm to 3:30pm

Learn strategies to protect and improve brain health, the mind, body and spirit. Presented by the Alzheimer Society of BC for anyone interested in healthy aging.

Barcode # 2363992

## **Music and The Brain**

Jun 6, 2018 (Wed), 1:30pm to 3:30pm

Learn how music can promote relaxation, ease stress, improve memory and increase energy.

Barcode #2371542

### **TO REGISTER:**

**By Phone: Registration Call Centre (604)276-4300**

**In Person: Minoru Place, 7660 Minoru Gate  
(604)238-8450**

