

# Boost Your Memory & Recharge Your Health

June is Seniors Month and a panel presentation will include information on:

- *Brain Energy*
- *Boost your memory power*
- *Coping with loss and change with age*
- *Senior Services and Programs*

**Date:** Wed. June 20

**Time:** 10:00 am-12:00 p.m.

**Location:** Council on Aging

1168 Drouillard Road

*No Cost for this event.*



**Register: By calling (519)971-9217 or fax (519)971-8789**

*Or e-mail [council@windsor.igs.net](mailto:council@windsor.igs.net)*

*“Active Living: Healthy Living”*