



## **BCMA Burnaby, New Westminster, Tri-cities Women's Branch**

### **SENIORS WELLNESS CIRCLE**

**10.00am Sharp - Exercise Class**

**11.00am - Alzheimer Society** presents **"Let's talk about Dementia"** participants will learn basic info about Alzheimer's disease and dementia, and review some myths and stigma associated with the disease. The session also explores how we all can work towards creating supportive, dementia friendly environments in our homes and communities.

**This presentation is open to all.** Anyone interested in learning more about dementia is most welcome to attend.

**Light Lunch will be provided.**

**Registration is needed. Contact one of us by Sunday, Feb 22:**

**Hazra Ismail- 604 2942824, Fareeda Ali -604 5226755, Nisha Zuber - 604 5245197**

**Wednesday,**

**Feb 25, 2015**

**Masjid Al Salaam,  
Burnaby,**

**5060 Canada Way**

**10.00am to 12.30pm**