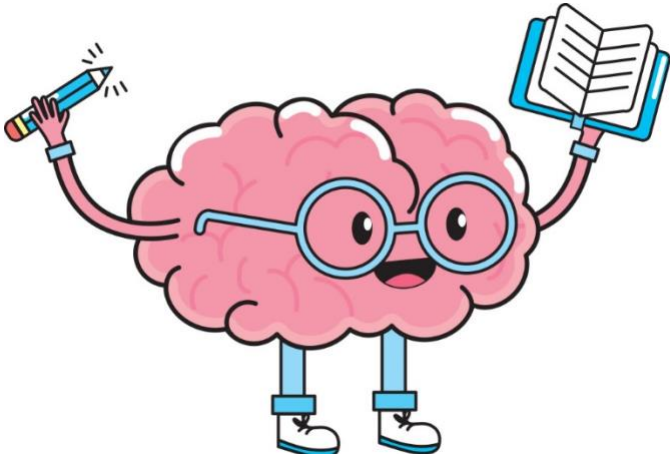


# what's on



## **Dementia Prevention Awareness**

**With Dr. Mark Chignell**

Most people don't realize that a significant proportion of dementia risk is due to modifiable risk factors such as physical inactivity, social isolation, and hearing loss. Join Dr. Mark Chignell from the University of Toronto for a 2-hour dementia prevention workshop to learn strategies to decrease your risk of dementia. The workshop will include research-based lecture materials and demonstrate the use of technologies to promote physical and cognitive exercise

**Friday April 11<sup>th</sup> 2025**  
**1:00-3:00pm**  
**Drop-in**

**St. Clair Silverthorn Branch**  
**1748 St. Clair Ave W**  
**416-393-7709**