



HELPING
newcomers
since 1978



We are pleased to host a variety of workshops and information sessions for newcomers. Sessions take place in-person and/or online using Zoom and are an excellent opportunity for clients to gain knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: www.is-gw.ca/events/



Maintaining a Healthy Brain

In person at ISGW

CLICK HERE to register.

<https://is-gw.ca/event/maintaining-a-healthy-brain/>

Friday, January 17

1:00 pm - 2:30 pm

Presented with interpretation in Vietnamese.

Join us in person at ISGW to learn the 12 key suggestions for maintaining a healthy brain.

Research from the recent Landmark study may surprise you. We can all take action to improve our brain health at any age, so please join us to hear the latest information.

Guest speaker: **Robin Smart** M.A., Public Education Coordinator, Alzheimer Society Waterloo Wellington

For more information, contact **Tram** at 519-836-2222, ext. 222 or tnguyen@is-gw.ca



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