



# Alzheimers Canterbury

Living Well with Dementia

*Presents:*

Visiting Professor Yoram Barak

## MAINTAINING BRAIN HEALTH

Public seminar - Open to all

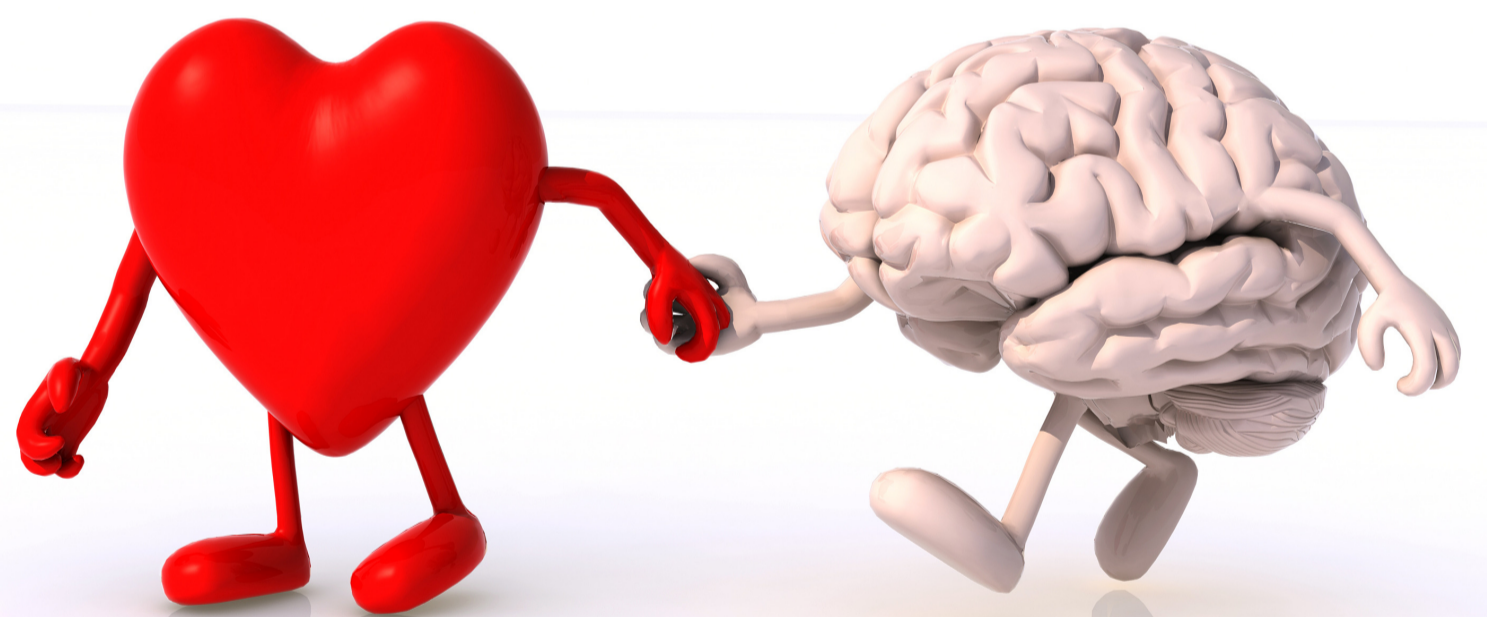
All you ever wanted to  
know about:

What to eat

Managing stress

How much to exercise

Social & mental stimulation



**RANGIORA**

**Wednesday June 15th 2016**

Time: 5pm - 7pm

Town Hall, 303 High Street, Rangiora

Nibbles provided

*Donations gratefully received*

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