



嘗健55  
R.E.A.C.H.  
FOR AGING WELL

Alzheimer Society  
YORK REGION

AGOAC



Minds in Motion®

健腦健身心

April & May

2023

	Dates	Time
Wednesday	April 26 <sup>th</sup> Talk on "Dementia & Brain Health"	4:30-5:30 pm
Wednesday	May 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> Minds in Motion series for 5 sessions	4:30-5:30 pm

**Goal:** Meet new friends while enhancing physical health and cognitive stimulation

**Program:** Gentle exercise and fun games

**Location:** OAC Room, Senior Centre, 2/F

Angus Glen Community Centre

**Facilitator:** Loletta, R.E.A.C.H. Project Public Education Coordinator,  
Alzheimer Society of York Region

**Registration:** Click here for [registration](#) or

Copy this link to browse <https://forms.gle/Ebt1rMyWW98DAhr56>

**Class Size:** Optimal number is 20

**Contact:** BrainHealthExercise@gmail.com





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# 健腦健身心



Minds in Motion®

2023 年 4/5 月

	日期	時間
星期三	4 月 26 日 「了解和及早預防認知障礙症」廣東話講座	下午 4:30-5:30
星期三	5 月 3、10、17、24、31 日 共 5 堂「健腦健身心」	下午 4:30-5:30

目的： 透過講座了解和及早預防認知障礙症；  
然後身體力行，一起運動，舒展身心，動動手腳和動動腦筋

導師： 約克區認知障礙症協會 R.E.A.C.H. Project  
公共教育統籌 ~ Loletta 余太

活動內容： 輕鬆運動、健腦遊戲/分享等

活動地點： OAC Room, Senior Centre, 2/F at Angus Glen Community Centre

報名： 點擊這裡[報名](#)或

複製此鏈接瀏覽 <https://forms.gle/Ebt1rMyWW98DAhr56>

人數： 最佳人數是 20

聯絡： BrainHealthExercise@gmail.com

## **Education Program on “Dementia & Brain Health” and “Minds in Motion”**

From April 26<sup>th</sup> to May 31<sup>st</sup> 4:30pm to 5:30pm (Wednesdays)

### **Dementia & Brain Health Education Talk**

Content for April 26<sup>th</sup>'s Talk:

- Overview of dementia and Alzheimer's disease, warning signs
- Importance of brain health
- Ways to keep your brain healthy

### **Minds in Motion series:**

May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> (5 sessions) on Wednesday, 4:30-5:30pm

Content:

- Minds in Motion® is under copyright of the Alzheimer Society.
- An evidence-based social program that incorporates physical, mental and social stimulation/ activities
- Decrease the risk of developing Alzheimer's and may slow the disease progression (Ontario Brain Institute, 2013).
- Meeting new friends while enhancing physical health and cognitive stimulation
- Gentle exercise and fun games/ brain gym

### **Speaker/Facilitator:**

Loletta Yu

Public Education Coordinator for R.E.A.C.H. Project

Alzheimer Society of York Region



## 腦健康~老得健康系列

4 月 26 - 5 月 31 日星期三下午 4:30 to 5:30

### 第一部分「了解和及早預防認知障礙症」廣東話講座

4 月 26 日星期三下午 4:30 to 5:30

#### 內容:

- 什麼是認知障礙症?
- 淺談認知障礙症的種類、症狀及警號
- 怎樣預防認知障礙症~ 認識腦健康的重要性
- 護腦健腦有何方?

### 第二部分「健腦健身心」活動

5 月 3, 10, 17, 24, 31 日星期四下午 4:30 to 5:30 (5 堂)

#### 內容:

- 輕鬆健身運動(30 分鐘)+ 健腦遊戲/分享等(30 分鐘)
- 動動手腳和動動腦筋; 一起來舒展身心
- 促進社交聯誼活動, 紓解情緒

#### 講員/主持

約克區認知障礙症協會 R.E.A.C.H. Project 公共教育統籌 Loletta 余太

