

Monday	Tuesday	Wednesday	Thursday	Friday
2 Our offices are closed in recognition of New Year's Day	3	4	5	6
9	10 First Steps session #1 (in office) 10:00am-12:00pm To register call 519-759-7692 Dementia Education Series (online) session #1 6:30pm-8:30pm For details and to register click here	11	12 Toolbox Thursdays (online) monthly 10:00am-11:00am For details and to register click here	13 Focus on Communication (online) monthly 11:00am-12:00pm For details and to register click here
16	17 First Steps session #2 (in office) 10:00am-12:00pm Dementia Education Series (online) session #2 6:30pm-8:30pm	18	19	20
23	24 First Steps session #3 (in office) 10:00am-12:00pm Dementia Education Series (online) session #3 6:30pm-8:30pm	25 Care in the Later Stages (online) session #1 2:00pm-3:30pm (continues to Feb. 22) To register, please call 519-759-7692 ext. 314 Public Lecture (online) details below 7:00pm-8:30pm	26	27 Dementia Q&A monthly (in office) 2:00pm-4:00pm
30	31 First Steps session #4 (in office) 10:00am-12:00pm Dementia Education Series (online) session #4 6:30pm-8:30pm			

Public Lecture: The Landmark Study

Dr. Joshua Armstrong, Research Scientist with the Alzheimer Society of Canada

The Alzheimer Society of Canada has released the first of three reports on the projections of the number of people in Canada that will be living with dementia. This national report provides a roadmap for the health care system, all levels of government and what individuals can do to improve the path.

Please join us for an in-depth discussion and opportunities to ask your questions.

Wednesday January 25th, 2023 (7:00pm-8:15pm)

To register: click [here](#) (this event is hosted virtually on Zoom)

Questions? Call 519-759-7692 ext. 509