Société Alzheimer Society
BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

Public Education – February 2026

(please note: our offices are closed on February 16th)

Program Name	Program Description	Dates	Location	Time	How To Register
MIND Diet *Open to the public*	Learn how diet and lifestyle choices can improve brain health, as well as how eating habits change with normal aging and dementia.	Tuesday February 3rd	Brantford Public Library – St. Paul Branch (441 St. Paul Avenue, Brantford)	2:00pm-3:00pm	☎ Brantford Public Library 519-756-2220
Dementia Education Series *Open to the public*	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Thursday February 5th, 12th, 19th & 26th	Zoom	6:30pm-8:30pm	Click here
Dementia Education Series *Open to registered clients. Program is for care partner of persons living with dementia. Not a registered Client? Call us!*	A 4-part series designed for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	February 6th, 13th, 20th & 27th	ASBHNHH Burlington Office – 4391 Harvester Road, Burlington	10:00am–12:00pm	☎ Memoona 1-800-565-4614 Ext. 314

For more information and to register: **1-800-565-4614** **help@alzda.ca**

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First Steps *Open to registered clients. Program is for person living with dementia in the early stages and a care partner. Not a registered client? Call us!*	A supportive 3-part series for people with dementia and care partners to connect, strengthen communication, and gain practical tools.	Tuesday February 10th, 17th & 24th	Zoom	6:30pm-8:30pm	☎ Katharine 1-800-565-4614 Ext. 211
Brain Workout: What you can do to work your brain *Open to the public*	Join us online with De dwa da dehs nye>s Aboriginal Health Centre to explore why brain exercise matters and discover fun, practical ways to boost memory, focus, and problem-solving.	Thursday February 12th	Zoom	10:30am-11:30am	☎ Christine 519-774-2339
Middle Stage *Open to registered clients. Program is for care partner of persons living with mid-stage dementia. Not a registered Client? Call us!*	This 3-part series helps care partners recognize middle-stage changes, build communication and care skills, and find strategies for managing stress.	Thursday February 12th, 19th & 26th	Zoom	6:00pm-8:00pm	☎Memoona 1-800-565-4614 Ext. 314

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Focus on Communication *Open to the Public* **This is a recurring series taking place every month – you may unsubscribe at any time**	**Topic:** Aphasia Discover how dementia can affect language, what these changes may look like, and gentle ways to connect with someone living with aphasia.	Friday February 13th	Zoom	11:00am-12:00pm	Click Here
Public Lecture: Estate Planning with RBC *Open to the public*	Join us for an insightful discussion with RBC on the essential components of estate planning, including wills, naming of executors, powers of attorney and tax implications. **This presentation is presented by RBC – all are welcome to join**	Wednesday February 18th	Webex	1:30pm-2:30pm	Click here
			Webex	7:00pm-8:00pm	Click here
Brain Health *Open to the Public* **This is a recurring series taking place every other month – you may unsubscribe at any time**	Explore the benefits of brain exercise and enjoy practical tools to strengthen memory and overall brain health.	Friday February 20th	Zoom	11:00am-12:00pm	Click here

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The 4 Pillars of Brain Health	Learn about the four key pillars of brain health: physical activity, nutrition, social engagement, and cognitive stimulation. Explore simple ways to build healthy habits that support brain wellness at any age.	Burlington Public Library-Brant Hills Branch (2255 Brant St, Burlington)	Friday, February 20th	2:00pm – 3:00pm	☎ Contact Burlington Public Library
Getting Started *Open to the public*	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday February 23rd	Zoom	1:30pm-3:30pm	Click here
Toolbox Talks *Open to the Public *This is a recurring series taking place every other month – you may unsubscribe at any time**	**Topic:** Managing Caregiver Stress Caregiver stress is real. Come explore its signs and discover ways to manage it.	Friday February 27th	Zoom	11:00am-12:00pm	Click Here

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