

Shape up your brain - Memory Mentors

Memory Mentors, a FREE program aimed at maintaining brain function, will be presented on Monday, Sept. 19 from 10 a.m. to noon at the Cruickshank Centre at Thompson Gardens, 198 Beckwith Street in Corunna. The program, presented by VHA Home Health Care in conjunction with the Alzheimer Society of Ontario, includes advice and practices to keep the brain in shape. The event will include a free lunch and door prizes. Seating is limited and attendees must register by Sept. 15 by calling 519-862-1682.