



S.U.C.C.E.S.S.

S.U.C.C.E.S.S. Richmond Immigrant Settlement & Integration Program

中侨列治文服务中心移民安顿与融入项目

An Introduction to Brain Health 大脑健康与保健

**Free Mandarin Hybrid (Online and In-Person)
Workshop Women Support Group**

Date: January 24, 2025 (Friday)
Time: 10:00 am to 11:30 am
Speaker: Ms. Lyanne Hui
Alzheimer Society of B.C.
Venue: Please Choose One Option
Option 1: In-person at Program Room
(2F Richmond Public Library Brighthouse Main Branch)
Address: 7700 Minoru Gate, Richmond, BC
Option 2: Online (ZOOM)

**免费国语线上及现场同步讲座
妇女互助小组**

日期: 2025年1月24日(周五)
时间: 上午10时至11时30分
主讲: Ms. Lyanne Hui
BC省阿尔兹海默症协会
参与方式: 任选一种
选择1: 现场- 列治文图书馆2楼
地址: 7700 Minoru Gate, Richmond, BC
选择2: 线上ZOOM会议

Contents:

- Importance of brain health
- Natural aging changes
- Dementia and its related symptoms
- How to reduce risk factors
- Memory and brain training
- Community support resources

内容:

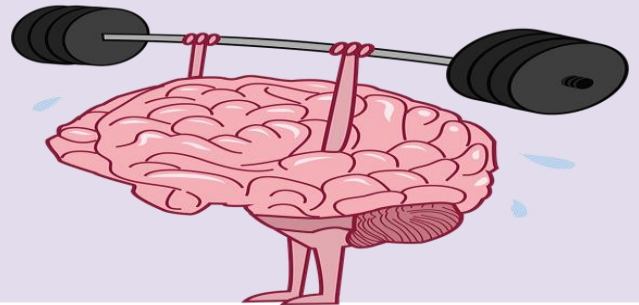
- 大脑健康与保健之重要性
- 自然衰老带来的变化
- 脑退化及其相关症状
- 如何减少危险因素
- 记忆力及大脑的训练
- 社区支持资源

Online Registration & Enquiry 线上报名及咨询

S.U.C.C.E.S.S. 中侨
Email 电邮: cindyqun.chen@success.bc.ca
Phone 电话: 604-279-7180; 604-335-2842

Registration Link 报名链接

<https://success.jotform.com/243087059622863>



Richmond Public Library 列治文图书馆: <http://www.yourlibrary.ca/events-calendar/>

Seats/connections are limited. Registration is required:

Eligible Participants: Permanent Residents, Protected Persons, Convention Refugees and Live-in Caregivers.

请预先报名·座位及链接数量有限·额满即止:

服务对象为永久居民、受保护人士、公约难民和住家保姆

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