

# *Société Alzheimer Society*

HAMILTON AND HALTON  
HAMILTON ET HALTON

## **Mild Cognitive Impairment: Learning the ROPES**

**Learning the Ropes™** focuses on optimizing cognitive health through lifestyle choices, memory training and psychosocial support. Following the completion of the sessions there is an opportunity to attend a “Learning the ROPES” alumni support meeting.

**Format:** Learning the Ropes includes 6 weekly sessions. Each session is 3 hours in length.

**Date:** Wednesdays, October 13<sup>th</sup> – November 10<sup>th</sup>, 2021

**Time:** Afternoons

**Location:** Online, using Zoom  
(if you would like training on how to use Zoom, that will gladly be arranged)

**Who:** For persons diagnosed with MCI + a guest  
(usually a spouse or family member)

**Cost:** \$60 program fee for both people to attend  
(includes participant workbooks)

**Register:** please call 905-529-7030 ext. 305  
Physicians may make a referral by phoning the number below or completing the referral form at [www.alzhh.ca](http://www.alzhh.ca)

**To find out more, please call: 905-529-7030 ext. 305**

