

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 13th – November 10th, 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.alzh.ca

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