



Aberdeen

Brain Health & Dementia Resource Centre Open Day

Thursday 26th September 11am-3pm

Are you interested in learning more about how you can protect and improve your brain health? We would like to invite you to our Brain Health Open Day, where you can find out the latest information about prevention, risk reduction and maintaining a healthy brain throughout your life.

This event is for anyone who has an interest in, or concern about their brain health and for those who have a diagnosis of dementia. It's never too early or too late to care for your brain, regardless of your age or condition. You can drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.

Our team will be on hand to share insights, answer your questions, and introduce you to our new prevention initiatives. From lifestyle changes, to understanding key risk factors, this event is designed to empower you with knowledge and support you on your brain health journey.



Alzheimer Scotland

13-19 King Street,
Aberdeen
AB24 5AA

Contact: Karen Black

Email: karenblack@alzscot.org

Tel: 07585 669654