



Burlington
Family Health Team



Caroline
Family Health Team

Burlington FHT & Caroline FHT presents:

Better Living for Your Brain



Format: In Person, Group

Duration: 6 weeks, 1 session per week, 1 hour sessions

When: January 14 - February 18, 2026 2:00-3:00PM

Location: Burlington Public Library, New Appleby Branch
5151 New Street, Burlington, ON, L7L 1V3

There is no cost to participants.

Are you 60 years of age or older? Are you interested in learning about brain health? Join us for this educational series!

In this program you will learn the importance of brain health, lifestyle factors that promote brain health, and memory strategies for daily practice.

To register visit <https://www.bpl.on.ca/programs>

**** Program information and registration will be available as of December 17, 2025.**