

ADULT COGNITIVE WELLNESS CENTRE

"A Dementia Centre without Walls"

New Virtual Socialization & Cognitive Stimulation Sessions

WE FOCUS ON ABILITY



We are now offering on-line support for people living with symptoms of dementia. We offer special sessions for those with:

- Early symptoms of dementia
- Moderate symptoms of dementia
- Young onset dementia - under age of 65

Our Montessori Program is about knowing and rediscovering the person living with dementia in order to provide them the best and most appropriate support based on where they are in their "dementia journey."

Benefits to our participants:


- Meet new friends from home
- Reduced isolation and stress, and improved mood
- Cognitive stimulation to help maintain or improve current abilities
- Increased sense of purpose and enhanced self-esteem
- Respite for family caregivers



Personalized & meaningful
time spent with peers and
industry-experts!

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**Right now we are offering
our Program FREE of charge!
Email us today to learn
more.**

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 www.AdultCognitiveWellnesscentre.ca

