

# HOW TO PREVENT DEMENTIA AND ALZHEIMER'S IN A HOLISTIC WAY: IN-PERSON SESSION



**Wednesday, October 15, 2025**

**2:00 p.m. - 3:30 p.m.**

The following topics will be covered during the webinar:

- Introduction on the global urgency in the increased diagnosis of dementia and Alzheimer's disease
- Explaining the root causes of these diseases
- Presenting practical ways in daily life through nutrition, exercise, sleeping & rest, social well-being, etc.
- Summarizing the power of holistic prevention

**Contact us and reserve your spot in advance**

**50 Burnhamthorpe Road West, Suite 300,  
Community Door, Mississauga, ON, L5B 3C2**

**Register by phone or email:**  
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