

UPCOMING First Link® Memory Café PROGRAMS ON ZOOM



The First Link® Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer's Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops online for the First Link® Memory Café featured through Zoom through Mosaic Home Care Services.

January

A Healthy Bite of Exercise & Nutrition with Urban Poling Inc.

An informative "bite" of exercise and nutrition! A series of seated and standing exercises which will get your heart pumping and put your mind at ease.

Tuesday January 26th, 2021 from 1:00 p.m. to 2:00 p.m.

February

National Ballet School Info Session & Dance Demo

Take part in this interactive presentation to hear more about the benefits of dance and the Baycrest NBS Sharing Dance Programs. We will also discuss the important link between movement and brain health.

Tuesday February 23rd, 2021 from 1:00 p.m. to 2:00 p.m.

March

Stress on the Brain: How to Destress with Sara MacLean

Join us as we discuss how to manage stress healthily and how stress impacts brain health.

Tuesday March 30th, 2021 from 1:00 p.m. to 2:00 p.m.

Join Mosaic Home Care Services for Zoom Programs Online. Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



info@mosaichomecare.com
www.mosaichomecare.com

Mosaic Home Care Services & Community Resource Centres

Corporate Office

The Shops on Steeles and 404

2900 Steeles Avenue East, Suite 218

Markham, ON L3T 4X1

Tel **905.597.7000** Fax 905.597.5446

Toronto Office

105 Wilson Avenue

Second Floor

Toronto, ON M5M 2Z9

Tel **416.322.7002**

