

**Vaughan Community Health Centre &
York Region Alliance of African Canadian Communities**

Present

An Empowering Mental Health Presentation

To explore mental wellness self-care and navigating health services

What do you know about Dementia vs Alzheimer's ?

What are the signs and symptoms?

How do you approach care and support?

Date: Jan 22, 2025

Time: 6:30pm - 7:30:pm

Where: Virtually on Zoom

Join Us and let's shine a light on mental health together

To register

Click the registration button

Scan QR Code

or contact

General Manager at YRAACC

Email: gmgr@yorkregionaacc.ca

**Website: York Region Alliance of African Canadian
Communities (yorkregionaacc.ca)**

**After registration, you will receive a meeting link for the
session.**


**Just in case please check your junk folder for the
meeting link.**


**To join virtual program you need access to internet,
working video/microphone on a phone, tablet, or
computer.**

This flyer can be provided in an alternative format.


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