

Community information bulletin info for September 2019

Ottawa Public Health in partnership with Ottawa Public Library, will offer [information sessions](#) for older adults and their caregivers about Brain Health. Join Ottawa Public Health to learn more about the healthy choices you can make to keep your brain working at its best.

The session, Mind your Brain Health is taking place:

- Elmvale Acres, 1910 St-Laurent, Tuesday, September 17, 1:30 pm
- Greenboro Branch, 363 Lorry Greenberg, Thursday, September 19 10:30 am
- Manotick Branch, 5499 South River, Thursday, September 19, 1:30 pm
- Ruth E. Dickinson Branch, 100 Malvern, Tuesday, September 24, 1:30 pm
- Main Branch, 120 Metcalfe St, Thursday, September 26, 10:30 am
- Alta Vista Branch, Thursday, September 26, 1:30 pm

Gardez votre cerveau en santé (French session)

- Orleans Branch 1705 Orleans Blvd, Wednesday, September 18, 1:30 pm
- Rideau Branch, 377 Rideau St., Wednesday, September 25, 1:30 pm