



Better ways. Better days.

Dementia Awareness Days

May 7-13

Arnprior & McNab/Braeside Township

Come together to learn about brain health and wellness.

Free training, activities and workshops by:

- Canada's National Ballet School
- The Men's Shed of Arnprior and McNab/Braeside
- The Dementia Society of Ottawa and Renfrew County

Help create community Reminiscing Gardens for now and seasons to come, Food, fun and more!

Learn more at DementiaHelp.ca/Arnprior

