



Carefirst Community Support Services

耆暉會社區支援服務

Virtual Education and Information Program

April 2024

網上資訊平台 二零二四年四月

護老護腦：“活腦”ABC (粵語)

EA: Brain Health (Cantonese)

內容:

- 最新腦保健研究
- 動腦筋活動
- 護老知識

Content:

- Understand Recent Research on Brain Health
- Introduce Various Mental Activities & Exercises
- Prevention Tips on Elder Abuse

日期: 四月二十六日 (星期五)

時間: 上午十時至十一時

Date: April 26 (Friday)

Time: 10:00am to 11:00am

查詢或索取 Zoom ID

請致電: 416-646-5108

或電郵至: michelle.poon@carefirstontario.ca

Registration and Zoom ID

Please Contact: 416-646-5108

or email to: michelle.poon@carefirstontario.ca



參加者请点击以下网址登入 Join Zoom Meeting

[https://us06web.zoom.us/j/89863556634?](https://us06web.zoom.us/j/89863556634?pwd=j7hSTZCMj3HhI4NYeMwkDiEUbieGbC.1)

[pwd=j7hSTZCMj3HhI4NYeMwkDiEUbieGbC.1](https://us06web.zoom.us/j/89863556634?pwd=j7hSTZCMj3HhI4NYeMwkDiEUbieGbC.1)

会议编号 Meeting ID: 898 6355 6634

密码 Passcode: 1051

或 OR

通过电话加入会议 Dial by your location

+1 647 558 0588 Canada

+1 647 374 4685 Canada

会议编号 Meeting ID: 898 6355 6634

密码 Passcode: 1051



United Way
Greater Toronto