

Carefirst Community Support Services

耆暉會社區支援服務

Virtual Education and Information Program

July 2024

網上資訊平台 二零二四年七月

# 認知障礙症與照顧者的挑戰 (粵語) Dementia and Caregiver Stresses (Cantonese)

## 內容:

- 認知障礙症人士的照顧需要
- 如何保持腦部健康
- 減壓ABC

## Content:

- Possible Caring Needs for People with Dementia
- Ways For Brain Health
- Stresses Management ABC

日期: 七月十六日 (星期二)

時間: 上午十時至十一時

Date: July 16 (Tuesday)

Time: 10:00am to 11:00am

查詢或索取 Zoom ID

請致電: 416-646-5108

或電郵至: [sophie.cheung@carefirstontario.ca](mailto:sophie.cheung@carefirstontario.ca)

Registration and Zoom ID

Please Contact: 416-646-5108

or email to: [sophie.cheung@carefirstontario.ca](mailto:sophie.cheung@carefirstontario.ca)



參加者请点击以下网址登入 Join Zoom Meeting  
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[pwd=j7hSTZCMj3Hh14NYeMwkDiEubieGbC.1](https://us06web.zoom.us/j/89863556634?pwd=j7hSTZCMj3Hh14NYeMwkDiEubieGbC.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

