



Music, Motion & Memories

For Caregivers & Their Loved Ones With Memory Loss

Memory Lane Home Living, in collaboration with Seniors' Consultants specializing in Occupational Therapy and Music Therapy, have designed a program intended to optimize brain function through Cognitive Stimulation Therapy (CST), music and exercise

This is a free program • Light Lunch Included

Wednesdays from 11 am to 1 pm
74 Major Mackenzie Drive West, Richmond Hill, ON
memorylanehomeliving.ca
Call or text 905.237.1419 to RSVP

Wednesdays 11 to 1 pm

Cognitive Stimulation Therapy (CST) is part of our program presented by an Occupational Therapist
Caregivers learn CST here with your loved one and practice it at home.