



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Do You Have the 5 Early Warning Signs of a Declining Brain?

- **Forgetting where you've put things, names, faces, or important due dates and appointments
- **Difficulty remembering conversations you recently had, or things you just read
- **Stopping mid-sentence, forgetting what you wanted to say
- **Stumbling on words, suffering from lapses in concentration and being "scatter brained"
- **Experiencing regular "brain fog", where you often can't think clearly or your thought process is slowed and murky

For sure, these common yet serious symptoms are no laughing matter.

Are you worried about...

- *The nightmare of a failing memory? Brain fog?
- *Falling victim to deteriorating mental abilities?
- *The fear of becoming dependent on others for basic daily living?
- *The dread of losing control of your decision-making?
- *losing your freedom and independence?
- *Alzheimers? Dementia?

It all sounds very overwhelming, and it is. The fortunate news, however, is that there IS something you can do about it.

Come to Brain Health Talk on Monday April 25th @ 7:15pm! Bring a friend, and reserve your seat ASAP! Seating is limited to first 40 people.

