

# Brain Health

September 20, 2023

10:00am-11:00am MST

Join us to learn about brain health, tips and strategies that may help keep your brain healthy.



## Learning Outcomes:

- Participants will come away with a better understanding of lifestyle factors that can promote brain health

## Speakers:

Barbara Beattie, BSW, RSW, Navigator, Client Services

**Alzheimer***Society*  
ALBERTA AND  
NORTHWEST TERRITORIES



**Target Audience:** Anyone who is interested in learning more about brain health

Please register for session at:  
<http://WWW.FNTN.CA>

To access this session from zoom:  
<https://fntn.zoom.us/join>  
Meeting ID: 841 9633 4187  
Passcode: 851399

To access this session from an audio line:  
1-587-328-1099  
Meeting ID: 841 9633 4187  
Passcode: 851399



First Nations  
Telehealth Network  
[WWW.FNTN.CA](http://WWW.FNTN.CA)  
1.888.999.3356  
[VCHELP@FNTN.CA](mailto:VCHELP@FNTN.CA)

## To join via internet browser

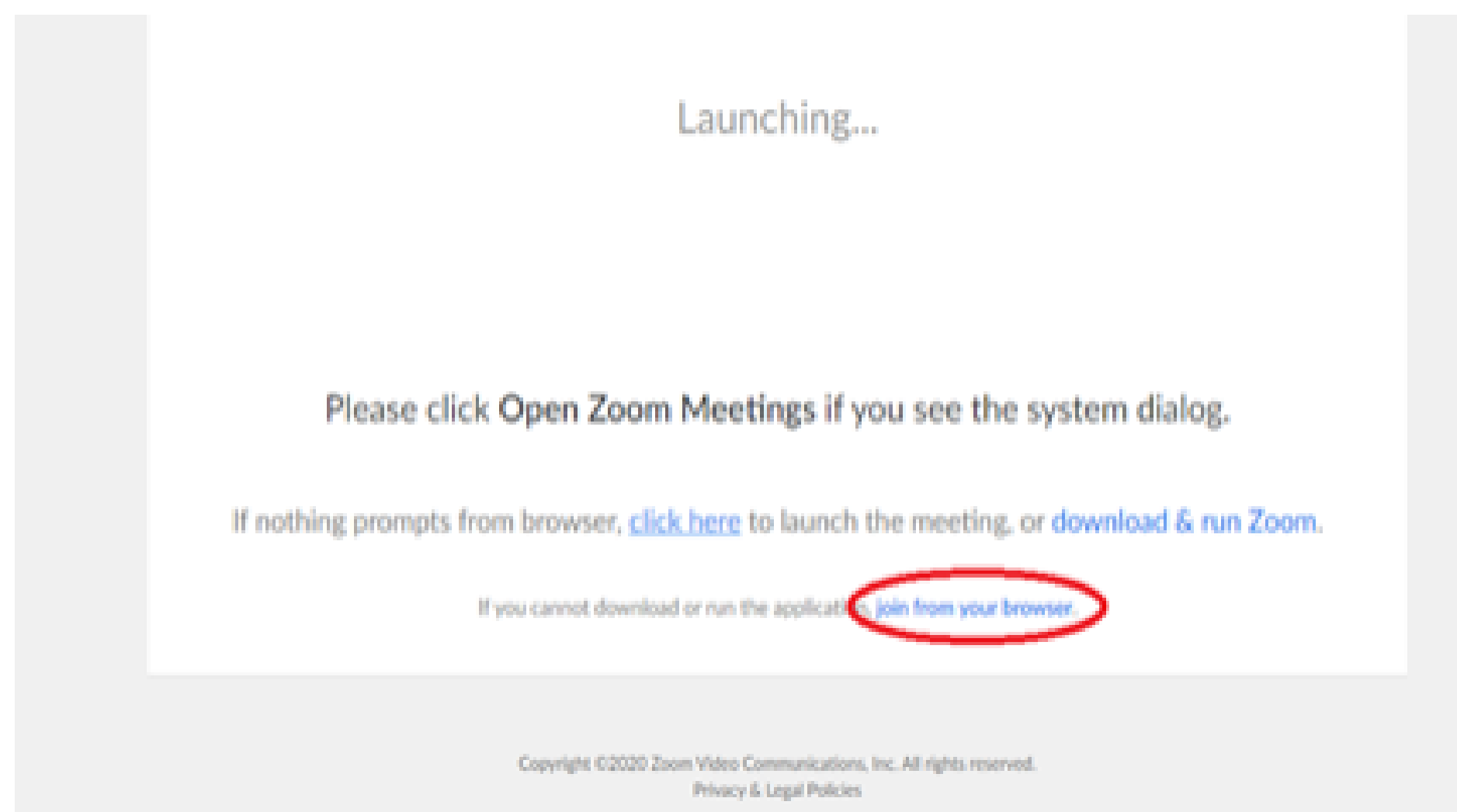
1. Please click the link below to join the webinar:  
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4. Click the option "click here" ( See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

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5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

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4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
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